

DOCTORS, BE CONSCIOUS ABOUT CONSCIOUSNESS

Arun Kumar Laha

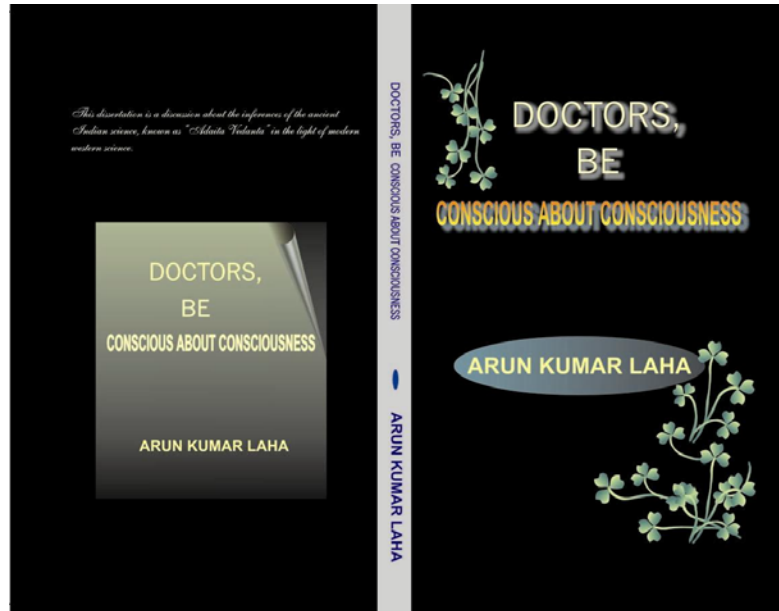
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DEDICATION

This booklet is dedicated to the memory of my parents and that of my deceased teachers Mrigandranath Mukherjee, Sudhanshusekhar Bhattacharjee and Hemanshu Bhattacharjee of ‘The Vivekananda Institution, Howrah’.

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INTRODUCTION: Before mastering the art of healing in medical schools students should know about their real identity and that of their patients.

“Physicists have found it impossible to give a satisfactory description of atomic phenomena without reference to the consciousness.”

–Eugene Wigner, 1963 Nobel Laureate, Physics.

“We can admittedly find nothing in physics or chemistry that has even a remote bearing on consciousness. Yet all of us know that there is such a thing as consciousness, simply because we have it ourselves. Hence consciousness must be part of nature, or, more generally, of reality, which means that, quite apart from the laws of physics and chemistry, as laid down in quantum theory, we must also consider laws of quite a different kind.”

----Niels Bohr 1922 Nobel Laureate, Physics.

“It seems to me that there is a third thing in the universe, to wit, consciousness, which ... I cannot see to be matter or force, or any conceivable modification of either...”

Thomas H. Huxley

Biologist and Humanist

“In my search for the secret of life, I ended up with atoms and electrons, which have no life at all. Somewhere along the line, life has run out through my fingers. So, in my old age, I am now retracing my steps...”

Albert Szent-Gyorgyi 1937 Nobel Laureate, Physiology and Medicine

“Medicine is not merely science but an art, it does not consist of compounding pills and plasters; it deals with the very process of life which must be understood before they may be guided.” - Philipus Aureolus Paracelsus c. 1493 - September 24 1541

A human being is not a single entity. It is a three-in-one arrangement. It has 'Soul' or 'Being' or 'body-bound CONSCIOUSNESS' or 'Spirit' which is in continuity with the CONSCIOUSNESS of all things and every thing (animate and inanimate) of the Physical Universe. It has an invisible subtle organ named 'Mind'. Mind does both sensory and motor functions. Mind receives information from the Physical Universe outside our body through our sense organs – sensory functions of Mind; and Mind does some necessary works like - thinking abstract subjects, feeling emotions, dictating instructions to the gross Physical organs through Nervous system etc - motor functions of the Mind. Above all, a human being has concrete Physical Body with all its sensory (Ears, Eyes, Nose, Tongue, Skin) and motor organs (Muscles, Bones etc). Our Mind and our Physical organs cannot function without help of our body-bound CONSCIOUSNESS. Normally our body-bound CONSCIOUSNESS remains spread to all our sense organs, to each and every point of our body, to each and every Molecule of our Physical existence. Our body-bound CONSCIOUSNESS keeps touch with our gross Physical organs through our subtle organ named 'Mind'. When we are deeply engaged in creative thoughts or enjoying bliss of non-REM sleep ('Non-Rapid-Eye-Movement sleep' or 'Dreamless sleep') or absorbed in transcendental meditation our body-bound CONSCIOUSNESS partially coils back to his center leaving sense organs unsupported. In such situations gross sense organs of our body and our subtle organ 'Mind' temporarily fail to work. Attention of Archimedes' Mind and that of his body-bound CONSCIOUSNESS were deeply engaged in solving some mystery of the Physical Universe so his ears could not hear the noises of the war. At that moment his sense organs were not in connection with his body-bound CONSCIOUSNESS through his Mind. He had no idea about his immediate surroundings. As a result, he failed to save his Physical body from premature destruction by one of the soldiers of the conquering Roman force.

Study of the Biological sciences in the Western world has always tried to explain all the features of the unique phenomena called 'Life' in terms of the so far known laws of Physics and Chemistry. Western scientists have ignored CONSCIOUSNESS as a fundamental entity of the living organisms. They think that, the processes of interactions between the Matters and the Energies of the tangible Physical Universe secondarily create CONSCIOUSNESS in some Physical objects - known to us as the living creatures. Western world thinks that, the Physical Universe with all its Energies and Matters was created first and later on CONSCIOUSNESS appeared in the scene. They are not at all ready to accept an idea that says, "CONSCIOUSNESS Himself creates the whole Physical Universe (consisting of all Matters, all forms of Energies, Space and Time) and all forms of living creatures (from Viruses to Human beings) seen on our planet." Scientists in India proclaimed this unique concept more than five thousand years ago. According to ancient Indian scientists CONSCIOUSNESS is the only fundamental entity, CONSCIOUSNESS is the sole ingredient used in creating all animate and inanimate objects of the Physical Universe. They realized at the core of the heart that, all things and every thing (living and nonliving) of this concrete Universe of Matters are conscious as because, they all originate from CONSCIOUSNESS. They reached to this conclusion after meticulous and logical discussions about all diverse phenomena of the Physical Universe; those phenomena they used to come across in their day-to-day life on the Earth. Their way of thinking was quite rational and analytical, and their thought processes were based neither on any irrational speculative philosophy nor on uncanny mysticism.

However, recent advancements in Physical sciences and in Biosciences have reached to a point, from where further progress in understanding the true nature of the Physical Universe and that of the unique phenomenon named 'Life' is impossible without frequent reference to CONSCIOUSNESS. Of late, Western scientists have started accepting CONSCIOUSNESS as an essential fundamental parameter in all rational discussions about the Physical Universe and about 'Life'. Modern day scientists of all countries are now accepting the views of ancient Indian scientists with great respect and regard. They have realized that, unless we accept CONSCIOUSNESS as the primordial entity of the Universe we would never be able to know what 'Life' actually is.

To find out the ultimate building blocks of the gross tangible objects of the Physical Universe; western scientists pounded animate and inanimate objects of the World to the finest. They got subtler entities called – 'Atoms', which take part in all chemical reactions. They cracked the Atoms to get subatomic particles. Ultimately they got most subtle entities – some imaginary 'Strings'. Subatomic particles are thought to be made up of packets of Energies (Quantum of Energies); and the packets of Energies are believed to be mere vibrations in those yet-to-be-detected 'Strings'. So, the western science now accepts that, the tangible gross objects are made up of intangible subtle entities. Here the ideas of the modern western scientists are coming closer to the ideas of the ancient Indian scientists, who thought that most subtle entity – 'PURE CONSCIOUSNESS' alone is the basic building block of the manifested tangible Universe.

When an engineer decides to construct a structure, his body-bound CONSCIOUSNESS at first prepares a blueprint of the proposed structure with the help of his subtle organ named 'Mind'. (All concepts, all ideas, all human creations are created by our body-bound CONSCIOUSNESS with assistance of our Mind; and we depict those concepts through some signs on the walls of the caves, in clay models, on papers, in written words, in steel and concrete structures etc.) Then he builds the structure by assembling tangible Matters taken from the Physical Universe with the help of his gross physical organs called 'Hands'. While constructing the structure, if necessity arises he could make required changes in the basic blueprint of the structure to meet different unforeseen situations. Similarly body-bound CONSCIOUSNESS of the short-necked ancestor of a modern day Giraffe at some point of time (in the long history of evolution of living things) realized that, his Physical body would die of starvation if mouth of his Physical body could not reach the leaves high up on the trees. So, CONSCIOUSNESS of that short-necked creature gradually changed the very blueprint (Genetic Codes) of his body and made his body a long-necked one. Body-bound CONSCIOUSNESS of the ancestor of a multi-drug resistant Bacterium also did the same to save his race from being killed by different Antibiotics. Body-bound CONSCIOUSNESS of a man living at high altitude makes necessary arrangements for increasing Hemoglobin level in the blood; so that, the Physical body of that person could survive with low concentration of Oxygen in air. Mammals evolved on the landmass of the Earth. Herbivorous and carnivorous mammals in some geographic areas faced shortage of food on land, due to some changes in the geophysical conditions of those parts of the globe. Body-bound CONSCIOUSNESS of such mammals changed the genetic code of their physical bodies; and these newly evolved changed bodies adopted well in the aquatic life in the ocean, where they got abundant supply of food. Thus newer species of animal (herbivorous and carnivorous aquatic mammals) are created due to intelligent actions of body-bound CONSCIOUSNESS of some distressed land-living mammals. [Vide writings of Ernst Mayr – renowned evolutionary biologist]. Genetic code is the blueprint of the Physical body of a living thing. Body-bound CONSCIOUSNESS of an animate object

has the power to change that blueprint according to requirements. So, the diverse forms of new creations, those we find in the long history of the evolution of living creatures are not the results of 'Accidental genetic Mutations', but are due to deliberate works done by body-bound CONSCIOUSNESS Himself on the genetic blueprint of different species of living things. CONSCIOUSNESS deliberately changes (according to needs) the genetic codes of the bodies of different living things so that their newly modified Physical bodies could survive in different changing conditions of the Biosphere. This is the basis of the theories called 'Natural selection' and 'Survival of the fittest' in the study of evolution of living creatures. Physical body of a living thing is the house in which body-bound CONSCIOUSNESS or 'Soul' resides. The resident has the right and has necessary capability to make required modifications in his house. We should keep in mind that, a street Dog and a Dolphin had a common ancestor. It is now well known fact that, White man, Black man, Yellow man, Red man, Brown man all originated from a single clan of 'Homo sapiens' in prehistoric Africa. All these diverse groups of men have some genetic variations and these variations are created by human body-bound CONSCIOUSNESS for some reason or other. So, the very process of evolution of living creatures from Viruses to Human beings is not the results of actions of any blind force of Nature; but the process of evolution is due to intelligent functioning of the body-bound CONSCIOUSNESS of the animate objects on their genetic blueprints. Moreover, stereotype views of the laws of Physics and those of Chemistry are quite unable to explain all things and every thing about the unique phenomenon named 'Life' and about this very process of evolution of living creatures from simpler organisms to highly complex machine – 'Human body'. Evolution of diverse forms of living creatures on the surface of the Earth is simply the out come of deliberate actions of body-bound CONSCIOUSNESS of living organisms on the genetic codes of animate objects.

Reproduction of Eukaryotic unicellular organisms is asexual. One Mother cell divides into two Daughters and two Daughter cells after maturation divide into four. In this way the process goes on without exchange of genetic material between any two members of the whole race. So, each and every member of the whole race has identical genetic blueprint. Body-bound CONSCIOUSNESS of such organisms suddenly felt that their whole race would be extinct if any one of their enemies (Prokaryotic organisms and Viruses) could fabricate a weapon against their genetic blueprint. To save their race from being extinct from the surface of the Earth, body-bound CONSCIOUSNESS of Eukaryotic unicellular organisms produced two types of progeny. One group is genetic material donors (Male) and the other group is recipients (Female) of the same. The very process of reproduction through exchange of genetic material (sexual reproduction) started at this point of time in the long history of evolution of the living things. The offspring produced by sexual reproduction are with some variations in the genetic blueprints between any two members of the race. Some members of the whole race might remain vulnerable to the attacks of the enemies as before; but some would become invincible. Thus they saved their race from total extinction. So, Woman created Man; and not that Man created Woman from his ribs, as mythology says. And this newer process of reproduction is a creation of body-bound CONSCIOUSNESS of living things to meet a particular challenge.

'CONSCIOUSNESS' is the only entity of the Universe, which is not subjected to change by Space and Time as because it is beyond the realm of Space and Time. CONSCIOUSNESS resides in eternal Present and in a room that is not bound by any walls. Ancient Indian scientists described 'CONSCIOUSNESS' as 'Existence absolute', 'Knowledge absolute' and 'Bliss absolute'.

All forms of Energies (Some forms are already known to us; some are yet-to-be-known by human beings.) of the Physical Universe are created by CONSCIOUSNESS using Himself as the only ingredient. CONSCIOUSNESS is the Creator of all forms of Energies, and at the same time; CONSCIOUSNESS is the only ingredient used in creating all those Energies. We know Matters are nothing but condensation of Energies; (according to the famous mathematical equation of Albert Einstein: $E=MC^2$ where 'E' stands for Energy, 'M' stands for Mass of Matter and 'C' denotes Speed of Light); and all these Energies are created by CONSCIOUSNESS Himself. The Matters of my hand-held pen that I am writing with at this moment are mere condensations of Quanta of diverse forms of Energies created by CONSCIOUSNESS. Likewise, Anti-matters are also mere condensation of Energies. When Matters react with Anti-matters both of them revert back to Quanta of Energies. The word 'Quantum of Energy' means 'Unit amount of Energy' or 'Packets of Energies'. According to ancient Indian scientists all forms of Energies and all types of Matters (visible and invisible, tangible and intangible) of the Physical Universe are created of CONSCIOUSNESS and created by CONSCIOUSNESS. And they had firm conviction that, CONSCIOUSNESS is not the by-product of interactive processes between Matters and Energies of the Physical Universe. They thought that, CONSCIOUSNESS is the creator of the Physical Universe and CONSCIOUSNESS is not the creation of Matters and Energies of the Physical Universe. All Matters remain in continuity with the ocean of Quanta of Energies that exists to each and every point of the Physical Universe; as because Matters are mere localized condensations of Quanta of Energies in that ocean of Energies created by CONSCIOUSNESS. It is just like the icebergs formed due to localized condensation of seawater and float in the same seawater. With the help of Space and Time, CONSCIOUSNESS creates all the Matters taking Quanta of Energies from the ocean of Energies; those have already been created by CONSCIOUSNESS Himself. Matters thus created, float in the ocean of Energies; and this ocean of Quanta of different Energies is nicknamed by modern scientists as 'Quantum Soup'. Ancient Indian scientists named it 'Adyasakti'. (In Sanskrit 'Adi' means primal and 'Sakti' means Energy. So, 'Adyasakti' means 'Primal Energy'). 'Unified field theory' of modern Physics is trying to prove that all diverse forms of Energies of the Physical Universe are mere different expressions of a single form of primordial Energy. So, the subject of discussion in the study of 'Unified field theory' and 'String theory' of modern Physics is nothing other than 'Adyasakti', as stated by ancient Indian scientists.

As because the Matters are in the realm of Space and Time; they are always in a state of constant change. But CONSCIOUSNESS Himself is never changing entity. The Matters in the stars are in continuity with the ocean of Quanta of Energies ('Quantum Soup') in which the stars are floating; as because like all other Physical objects of this Universe of Matters; stars are also mere localized condensation of the Quanta of Energies in the 'Quantum Soup'. Fusion reaction in the stars is continuously converting back some amount of those intra-stellar Matters into various forms of Energies and these newly formed Energies create ripples in the pre-existing ocean of Energies surrounding the stars. These ripples come to us (the conscious perceivers) as Electromagnetic waves and human body-bound CONSCIOUSNESS enjoys those waves as sensations named 'HEAT' and 'LIGHT'. [So, the Electromagnetic waves from distant stars (and from our nearest star – the Sun) do not come to us through empty space; but through the 'Quantum Soup', as because 'Quantum Soup' is always there between the stars and us. This is because the Matters of the stars and the Matters of our Physical bodies are floating in the same 'Quantum Soup'. There is no 'no-thing' in the apparent void between any two

tangible Physical objects of this Universe of Matters. The so-called ‘vacuum space’ in the study of the Physical Universe is non-existent, as because all the spaces of this Universe of Matters are filled with a ‘Soup’ consisting of (1) UNIVERSAL CONSCIOUSNESS and (2) a flood of Quanta of different Energies created by UNIVERSAL CONSCIOUSNESS Himself. Very often the paths of the Electromagnetic waves coming to us from the far away stars through the ‘Quantum Soup’ are deviated by the heavy weight gigantic celestial bodies, floating in that ‘Quantum Soup’. These colossal celestial objects cause localized distortion in the ‘Quantum Soup’ in which they float. This localized distortion of the ‘Quantum Soup’, through which the Electromagnetic waves propagate is the cause of deviation of the paths of the Electromagnetic waves. A big lump of Butter, floating on the surface of a bowl of Milk, distorts the smooth surface of the Milk. A floating lump of Butter creates a pit around it. Similarly, while floating in ‘Quantum Soup’ all matters create pits in ‘Quantum Soup’ around them. When a pit created by object ‘X’ comes in contact with the pit created by the object ‘Y’; both the objects tend to slip into the pit of the other. Thus the object ‘X’ and object ‘Y’ tends to come closer to each other. This is called Gravitational Force.] The Matters in my hand-held cellular phone is in continuity with the ocean of Quanta of Energies surrounding it. Using the chemical Energies of a cell inside that gadget the Matters of the cell-phone generate waves of Electromagnetic Energy in the surrounding ‘Quantum Soup’ and through those waves the phone communicates with the near-by Telephone exchange. This is possible only because both the Matters of the cell-phone and those of the tower of the Telephone exchange are floating in the same ‘Quantum Soup’. So, all men, all the animals, all the plant lives, all the planets, all the stars, all known and unknown galaxies of the Physical Universe are glued together by an enormous ocean of Quanta of Energies. There is no discontinuity between you and me, between the stars and us and for that matter between any two objects of this Physical Universe. We should not hate any one or any thing in the Universe. We should love everybody and every thing in the Universe. We should try to accept all things and every thing without bitter criticism, as because all things apparently good or bad in the Physical Universe are nothing but different expressions of UNIVERSAL CONSCIOUSNESS Himself. (‘Quantum Soup’ or the ‘Unified field of different Energies’ is the prime mover of all known and yet-to-be-known phenomena of the entire Physical Universe. – vide writings on ‘The entanglement of non-locality experiment’.)

Specialists in ‘String theory’ of modern physics are thinking about existence of multiple universes (‘Multiverse theory’) with different dimensions. All the living and non-living things in the Physical Universe, where we have been created, are just like mere bubbles of different sizes and shapes in the form-less ocean of Energies (‘Quantum Soup’), which is created by CONSCIOUSNESS Himself. We know that an air bubble in the water occupies a certain amount of space and it exists for only a certain period of time, after which it dissolves itself into the form-less sea of water. So, the existence of a bubble in the water is ‘Space-and-Time-bound’. Likewise, all the living and non-living objects of the Physical Universe are in the realm of Space and Time. To be precise, all the Matters of this Physical Universe are bound in ‘Space-and-Time Cone’. They occupy some Space in the Physical Universe and after an existence for certain period of Time they dissolve themselves in the formless ocean of Energies surrounding them. [Decay of Proton is an important subject of study in modern experimental Physics. Similarly, radioactive substances are continuously losing their mass, and that lost mass is being converted back to Quanta of Energies in the formless ‘Quantum Soup’.] The ocean of Energies created by CONSCIOUSNESS is not bound by Space and its existence is eternal, not restricted by some period

of Time, as because CONSCIOUSNESS, the creator of all the Energies ('Quantum Soup'), Himself is bound neither by Space nor by Time. [*"The created physical World is but a small parenthesis in eternity."*]

So, CONSCIOUSNESS creates this concrete Physical Universe taking Energies, Matters, Space and Time as basic ingredients. The most unique feature of this plan of creation of the Physical Universe is that, the creator (CONSCIOUSNESS) Himself remains mingled with each and every particle of His creation. CONSCIOUSNESS inherently does exist in each and every object of this Physical Universe as because Matters, Energies, Space, Time all are created of CONSCIOUSNESS. However, degree of expression of CONSCIOUSNESS varies in different objects of the Physical Universe. It is least expressed in stone, expressed more in trees and in lower animals and expressed to a great extent in a human being. In the history of human race highest expression of CONSCIOUSNESS is observed in the lives of some great personalities like Lord Krishna, the Buddha, Jesus Christ and others.

The very words 'Existence absolute' describe that the only real entity that exists in the Universe is CONSCIOUSNESS and CONSCIOUSNESS alone and nothing else. All other things in the Physical Universe are created by CONSCIOUSNESS Himself, using CONSCIOUSNESS as the only ingredient. CONSCIOUSNESS creates the Physical Universe only for His own enjoyment. CONSCIOUSNESS was alone and was bored of His lonely existence. So, He divided Himself into two. One part remains the same as before --- never-changing, ever-observer 'PURE CONSCIOUSNESS', beyond Time and Space. With the help of the creative desires of 'PURE CONSCIOUSNESS' the second half creates the ever-changing Physical Universe, consisting of Time, Space and 'Quantum Soup'. The second half Who creates the Physical Universe is named as 'UNIVERSAL CONSCIOUSNESS'. Ancient Indian scientists named the creative desire of 'PURE CONSCIOUSNESS' as 'MAYA'; and according to them 'UNIVERSAL CONSCIOUSNESS' is 'ISHWAR', the creator of the ocean of the Quanta of Energies, Space and Time. The newly formed Physical Universe (created by 'ISHWAR' or UNIVERSAL CONSCIOUSNESS) became the playmate of 'PURE CONSCIOUSNESS' to allay His loneliness. [However, according to some scientists of ancient India the Physical Universe of Matters, Energies, Space and Time is a mere dream of never-active, ever-witness 'PURE CONSCIOUSNESS' Himself. To them this World of Matters is unreal, as it is mere wishful imagination of 'PURE CONSCIOUSNESS', Who is the only real entity. According to the experts of this school of thought, never-changing 'PURE CONSCIOUSNESS' did not divide Himself to create 'ISHWAR'; as because 'PURE CONSCIOUSNESS' Himself is ever immutable. Experts of this school of thought believe that, both 'ISHWAR' (creator of the Physical Universe) and the Physical Universe itself, about which we human beings know through our sense organs, are mere illusions created by 'PURE CONSCIOUSNESS'. (*"There is naught which is real nor is there aught which is unreal. All is made possible everywhere in this dream known as creation."* – Yoga Vasishta)]

By the words 'Knowledge absolute' ancient Indian scientists expressed the idea that, if some one could know about 'PURE CONSCIOUSNESS' he would have nothing else left to know about. This is because 'PURE CONSCIOUSNESS' Himself is the Knower, the process of Knowing and the subject of Knowledge. Through numerous metaphysical experiments ancient Indian scientists were convinced that, human nervous system, well-trained and well-purified human mind, and human body-bound

CONSCIOUSNESS has the ability to have some perception about the existence of 'PURE CONSCIOUSNESS'.

Now, let us discuss about 'Bliss absolute'. It means that if some one could realize at the core of his heart that, 'PURE CONSCIOUSNESS' is the only eternally unchanging reality of this ever-changing Physical Universe; 'PURE CONSCIOUSNESS' is the only subtle truth about this gross Physical Universe; and 'PURE CONSCIOUSNESS' is the only seed from which all the diverse objects of this Universe of Matters germinate --- then his mind would be filled with celestial Joy and with absolute Bliss. The human mind has the ability to have these realizations through our intuitive power; and intuitive power is nothing but the inner eyes of our body-bound CONSCIOUSNESS. Our gross Physical eyes help us to know only about concrete and tangible things of the Universe of Matters; and with the help of inner eyes of our body-bound CONSCIOUSNESS we could know about subtle entities, like 'PURE CONSCIOUSNESS'.

Fear of death of our Physical bodies is the worst fear of human mind as because our mind is unaware of eternally existent nature of our Being. Most, if not all, of us erroneously think that, our Physical body is our only existence, the body with flesh and blood is only truth about ourselves, and it is our sole reality. To most of us, 'I am' means a Physical object that takes birth, eats, defecates, micturates, grows, reproduces and dies. We consider ourselves as mere machines made up of flesh and bones and we know that like all man-made machines this machine (known to us as 'Human bodies') is also vulnerable to decay and death. So, impending death of our body is the biggest threat to our very existence; as because we all are always thinking in our conscious and subconscious mind that we have nothing else permanent, other than this temporal ever-decaying Physical body. We cannot convince our mind that, our body-bound CONSCIOUSNESS (or 'Soul' or 'Being' or 'Self') is our true identity and CONSCIOUSNESS is our only reality. We fail to realize that our existence is eternal and our existence is not limited by a period of time from birth to death; we did exist before birth of our Physical body and we would exist even after destruction of this gross tangible body. Very few people who had realized this fact in the core of their heart could conquer the fear of death. Their mind would remain filled with esoteric calmness, and with everlasting celestial Bliss. History of mankind is filled with biographies of numerous such brave personalities who fought against various adversities of personal and social lives without fear of death. They did not hesitate to sacrifice their Physical bodies for some noble causes. [*"Be strong! The sign of life is strength and growth. The sign of death is weakness. Whatever is weak, avoid! It is death.... If you want to have life, you have to die every moment for it. Life and death are only different expressions of the same thing looked at from different standpoints; they are the falling and the rising of the same wave, and the two form one whole."* -Swami Vivekananda]

'Big Bang' theory of creation of this Universe of Matters tells us that, before occurrence of the 'Big Bang' there were no Matter, no Energy, no Space, and no Time in the Physical Universe. All these four fundamental entities of the Physical Universe were created from the 'SINGULARITY' through an unknown process of explosion. That explosion is nicknamed by modern Physicists as 'Big Bang'. 'SINGULARITY' is the 'Pre-Big-Bang' state of the Physical Universe. Experts in this popular speculation have no idea about the true nature of this 'SINGULARITY'. They thought that, initially Matters, Energies, Space and Time had been created from 'SINGULARITY' through an explosion and later on CONSCIOUSNESS appeared in some physical bodies (made up of Matters, Energies, Space and Time) called 'Living creatures'. Western scientists believe that, CONSCIOUSNESS was not in

existence before 'Big Bang'. Their firm conviction is that, CONSCIOUSNESS appeared secondarily in living organisms due to interactions between Matters and Energies; and these Matters and Energies were created as a result of the occurrence of so called 'Big Bang'. [Some scientists erroneously think that CONSCIOUSNESS is the outcome of functions of nervous systems of higher animals. But many living things without nervous systems (like unicellular organisms, and even viruses) lead their life consciously, intelligently. Study of their life cycles proves beyond doubt that, they do all their biological activities with conscious deliberation; and they are not mere slaves of some blind forces of Nature.]

The views of ancient Indian scientists about the creation of the Physical Universe differ in this regard from the ideas of their modern Western counterparts. Wise men of India thought that, the Physical Universe with its all Matters, Energies, Space and Time had been created from a single entity and that single entity was nothing other than 'PURE CONSCIOUSNESS' Himself. According to Indian view 'PURE CONSCIOUSNESS' is both the Creator of the Physical Universe and the only ingredient used in creation of this phenomenal World. Created Physical Universe is the manifested form of the Creator – 'PURE CONSCIOUSNESS'. So, 'Creator' and 'Creation' are inseparable. Most heartening fact is that, only this rational concept of ancient Indian scientists could convincingly answer to all the questions about the Physical Universe and about the phenomenon called 'Life'.

Now, the question is how can never-changing 'PURE CONSCIOUSNESS', Who is never-bound by Space and Time, become material for creation of the ever-changing Physical Universe, which is ever-bound by the 'Space-Time Cone'? Wise men of ancient India seriously dealt with this question and they were truthful enough to say, 'We do not know!' They did not try to fabricate any ambiguous theory to explain this puzzle. They told in clear mind what answer they got to this question. Ancient Indian Seers nicely described this by saying; "A doll made up of Salts from sea water would not be able to go to the ocean to know all about the ocean. If it tries to do so, its separate identity would be lost. Similarly human body-bound CONSCIOUSNESS and human intelligence, which are part of 'PURE CONSCIOUSNESS', would never be able to know the plan and program of 'PURE CONSCIOUSNESS'. A minute part of the totality cannot know all about the whole. If a person's body-bound CONSCIOUSNESS tries to do that, his separate existence would be lost and he would be dissolved into the ocean of 'PURE CONSCIOUSNESS'." However, human body-bound CONSCIOUSNESS has ability to have glimpse of 'PURE CONSCIOUSNESS', and has capability only to realize that 'PURE CONSCIOUSNESS' is the sole entity that has real existence. But the answers to the very question - "'Why' and 'How' did 'PURE CONSCIOUSNESS' create the Physical Universe" remain obscure to human Mind.





Suppose UNIVERSAL CONSCIOUSNESS is like an ocean of water. In it float balls of ice of varying shapes and sizes. These balls are numerous Physical Universes with all their planets, stars and galaxies. The water, using itself as the only ingredient creates the ice-balls in an ocean of water. Similarly UNIVERSAL CONSCIOUSNESS creates these Physical Universes of Matters, Energies, Space and Time taking Himself as the only ingredient used. Physical objects are just like some pots those are curved out from ice-blocks and imagine as if these pots made up of ice, are floating in the water. These pots contain some amount of water in them. The body of a pot is made up of condensed water (ice) and water is both inside and outside it. The body of a Physical object is made up of

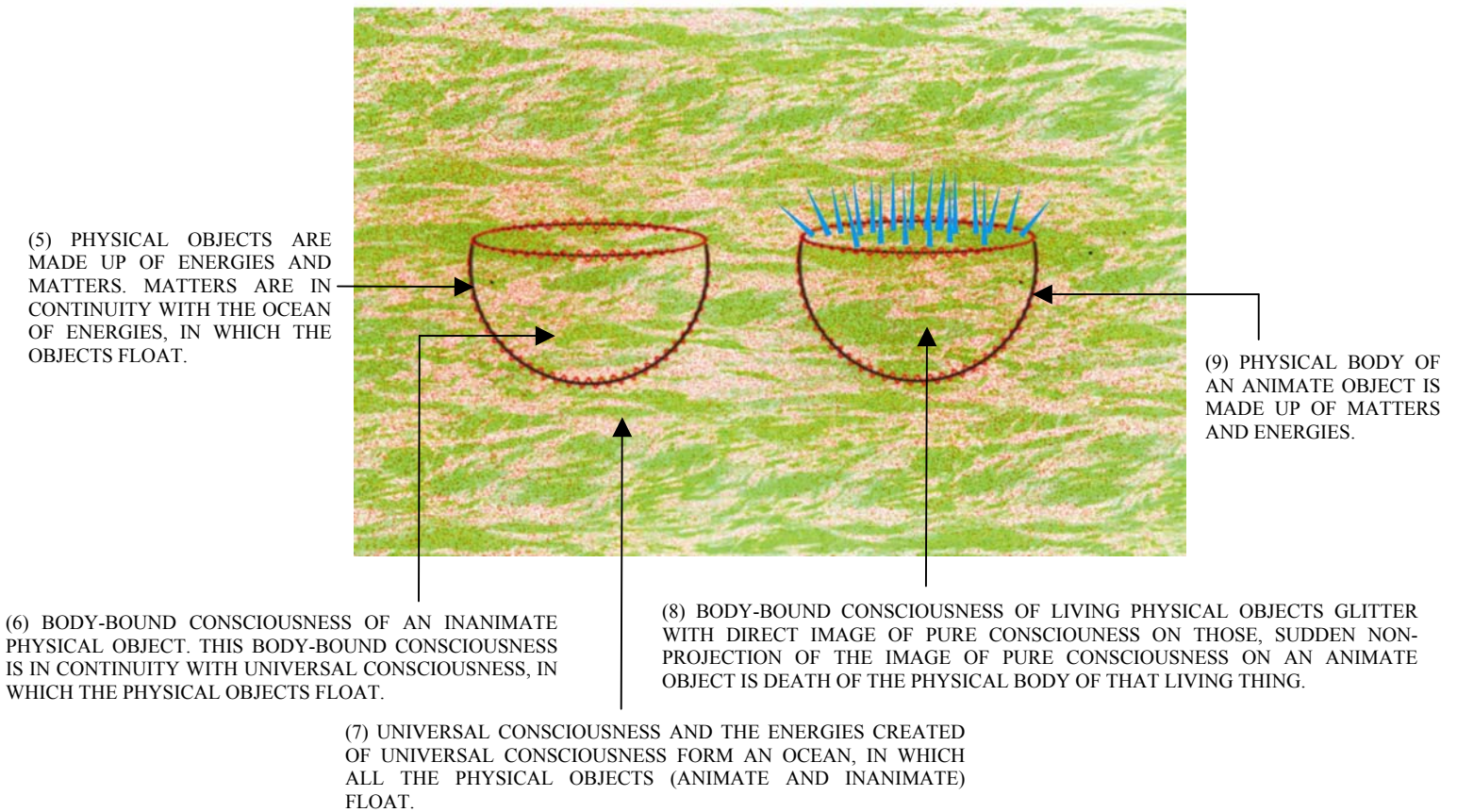
Energies, Matters, Space and Time of the Physical Universe and inside it lives part of UNIVERSAL CONSCIOUSNESS Himself. [Just like the little amount of water remains inside the pot made up of ice.] The part of UNIVERSAL CONSCIOUSNESS that remains bound in the body of a Physical object is called ‘BODY-BOUND CONSCIOUSNESS’ of that object. And this body-bound CONSCIOUSNESS of a Matter is in continuity with the body-bound CONSCIOUSNESS of all Matters of the Physical Universe; as because all the Matters of the Physical Universe are floating in a soup made up of UNIVERSAL CONSCIOUSNESS and ‘Quantum Soup’. And this ‘Quantum Soup’ is created by UNIVERSAL CONSCIOUSNESS. Body-bound CONSCIOUSNESS of a nonliving object is less expressed than that of living thing ---- why is it so? This is because in cases of all animate objects of the Physical Universe, real images of ‘PURE CONSCIOUSNESS’ are projected on their body-bound CONSCIOUSNESS. Body-bound CONSCIOUSNESS of all animate and inanimate objects of the Physical Universe are in continuity with each other and with the ocean of UNIVERSAL CONSCIOUSNESS in which they float; but body-bound CONSCIOUSNESS only of the animate objects are illuminated with projected direct image of ‘PURE CONSCIOUSNESS’. [Think of a cup made up of ice and there is little water inside it; and the cup is floating in the ocean of water. Imagine that real image of the Moon is projected on the water inside that cup --- this arrangement is like that of a living object. A water-containing cup without projected image of the Moon on it is just like a non-living object. Consider here the image of the Moon as that of ‘PURE CONSCIOUSNESS’]. For this reason body-bound CONSCIOUSNESS of a man is more flourished than that of a stone. (Vide: Illustration).

So, the created Universe has three basic ingredients. (I). Most subtle one is UNIVERSAL CONSCIOUSNESS having three fundamental attributes – (1) “Spotless purity”, (2) “Ever-enthusiastic activities for creation and destruction” and (3) “Lasting inertia”. Modern scientists are yet to invent an instrument to detect and to measure UNIVERSAL CONSCIOUSNESS. (II). Less subtle ingredient is the ocean of Quanta of different Energies (“Quantum Soup”). UNIVERSAL CONSCIOUSNESS is ceaselessly creating these diverse forms of Energies: as a result, there is no dearth of Energies in the ever-expanding Physical Universe. Our modern gadgets can prove the existence of the “Quantum Soup”. (III). The third ingredient is the gross Physical objects of the tangible Universe. These objects are made up of Matters; and we know that these Matters are mere Space-Time bound condensation of various Energies of the “Quantum Soup”. A Physical object is not made up only of Matters, Energies, Space and Time; but a portion of the UNIVERSAL CONSCIOUSNESS would always remain entrapped into that created object. This segregated portion of the UNIVERSAL CONSCIOUSNESS is the “BODY-BOUND CONSCIOUSNESS” of that particular object. However, the Body-bound CONSCIOUSNESS of all created Matters is in continuity with the ocean of UNIVERSAL CONSCIOUSNESS. Matters, Energies, Space-Time and UNIVERSAL CONSCIOUSNESS are all created by “PURE CONSCIOUSNESS” using Himself as the sole ingredient. Propagation of Electromagnetic waves, Gravitational pulls, all our activities on the Physical plane, all chemical reactions in the material world, our all Electric-Electronic-Telecommunication endeavors etc are due to interactions of the Matters with the “Quantum Soup”. All these phenomenon of the Physical plane is due to the activities of the “Quantum Soup”. Sudden acquirement of intuitive knowledge in any subject, getting deep insight into any subject through undistracted thought or through transcendental meditation, extra sensory perception (ESP), Telepathy, healing by prayer, faith healing, clairvoyance, clairaudience, clairscent, clairsentience, clairtangency etc are all the results of the actions of

UNIVERSAL CONSCIOUSNESS on our Body-bound CONSCIOUSNESS and on our body-mind-intellect.

In discussion about the creation of the Physical Universe of Matters, ancient Indian scientists used the term – “Kaaran Samudra”. Sanskrit word ‘Kaaran’ means ‘Cause’ and ‘Samudra’ denotes ‘Ocean’. “Kaaran Samudra” means the Ocean of a subtle entity, which is the cause of all the tangible gross things of the Universe of Matters. According to them, Physical Universes consisting of objects with names and forms are mere bubbles in the nameless, formless ocean of eternally-existing “Kaaran Samudra”; and these bubbles are continuously being created, existing for stipulated period of time, then get dissolved in the formless ocean named – “Kaaran Samudra”. So, what is ‘Quantum Soup’ of modern Physicists, is “Kaaran Samudra” of ancient Indian scientists.

- | | |
|--|--|
| (1) PURE CONSCIOUSNESS |  |
| (2) UNIVERSAL CONSCIOUSNESS |  |
| (3) QUANTA OF VARIOUS ENERGIES |  |
| (4) MATTERS ARE MERE CONDENSATION OF |  |
| QUANTA OF ENERGIES | |



So, your body-bound CONSCIOUSNESS, my body-bound CONSCIOUSNESS, body-bound CONSCIOUSNESS of a Hydrogen Atom, of a dust particle, of a stone, of a goat, of a tree, of a planet, of a star, of a galaxy are the same and it is nothing other than UNIVERSAL CONSCIOUSNESS Himself. Moreover, both your body-bound CONSCIOUSNESS and my body-bound CONSCIOUSNESS are glittering with real images of 'PURE CONSCIOUSNESS' Himself. And we are 'Living' only for that projection of real image of 'PURE CONSCIOUSNESS' on our body-bound CONSCIOUSNESS. Laws of Physics and Chemistry are competent enough in explaining all the different phenomena observable in all inanimate objects of the Physical Universe; but such principles of Physics and Chemistry are completely useless in the study of understanding what 'LIFE' really is. The unique phenomenon named 'LIFE' is nothing but various manifestations of the works done by the projected image of 'PURE CONSCIOUSNESS' on some gross physical objects, those are known to us as 'Living Organisms'. You and I are different in names, in Physical forms, in designations, in all external parameters but in the Being we are one and we are inseparable. This concept of Non-Duality (teachings of 'Adaita Vedanta') is the greatest contribution of Vedic culture of ancient India to human civilization. This unique scientific knowledge is glorious inheritance not only of the present day Indians but also of each and every member of the human race. [Vide: 'Proof of Vedic culture's Global existence' – by Stephen Knapp] 'Adaita Vedanta' is the highest peak of ancient Indian wisdom. This analytical and rational concept is neither sectarian nor dogmatic in its view. People of all races and creeds have every right to study it with critical attitude, instead of accepting every idea of it at face value. They are at liberty to endorse the teachings of 'Adaita Vedanta' or to discard them out right. The matter of fact is that, 'Adaita Vedanta' has been studied and its inferences have been checked and verified by many wise personalities of all human groups.

Albert Einstein, the most expressed human body-bound CONSCIOUSNESS in modern human history once said that, there is only one way of knowing all about the true nature of the Universe and of the Life and to understand the cause-and-effect determinism of the various phenomena of the Physical World. According to him that very way is to know what is in the mind of God, the UNIVERSAL CONSCIOUSNESS. He also said that, all the principles and laws of Physical reality so far unveiled by human mind are mere minor details of a great plan chalked out by UNIVERSAL CONSCIOUSNESS. Mr. Einstein observed that, human body-bound CONSCIOUSNESS has yet to have any access to that all-inclusive basic plan. All our analytical scientific studies of the Physical Universe, all our various thesis and anti-thesis of Metaphysics and Philosophy are mere insignificant endeavors to have slightest glimpse of that great plan.

Since the time of 'Middle age' of European history scientists of Western school of thought are trying hard to sort out simpler theories (mathematical equations), those are able to explain rationally various incidences of the phenomenal World. Laws of the Newtonian Mechanics can explain both the fall of an apple from a tree and the movements of the planets around the Sun. Theory of Relativity can explain all most all phenomenon of the Macrocosm; but it is unable to explain most of the behaviors of the particles of subatomic world. Laws of the Quantum Mechanics can aptly explain the nature and behaviors of subatomic particles but Quantum Mechanics fails to explain various phenomenon of the Macrocosm. Modern scientists of all nations are trying hard ceaselessly to find out a single mathematical equation that governs and explains all things and every thing of the physical World.

Of late, many world-renowned physicists have realized at the core of their hearts that, the dream of reaching to a comprehensive 'Theory of everything' correlating all our hitherto acquired knowledge about 'Strong force', 'Weak force', 'Electromagnetic Energy', 'Gravitational force', 'General theory of Relativity', 'Quantum Mechanics', and 'String theory' would not be fulfilled in foreseeable future. 'Theory of everything' is expected to explain rationally all the phenomena of the Universe – both of the Microcosm and of the Macrocosm. This dreamed mathematical equation is expected to unravel all the mystery of the Universe and that of the unique phenomenon named - 'Life'. But that grand theory unifying all our present knowledge about the material world is yet to be discovered. According to renowned physicists the 'Theory of everything' is kept concealed in the mind of God. We must pay heed to the opinion of Sri Ramakrishna (1836 – 1886) in this context. According Sri Ramakrishna, "How much hard you try to peep into the treasures kept in the iron chest of the king; you are sure to fail. But by hook or by crook if you could come closer to the king, if you could establish close kinship with the king, he himself would show you his secret treasures locked in the iron chest. Likewise, to unravel the mystery of the Universe, if you confine your focus of attention only to the manifested material World, you would never be able to reach to that cherished goal. By studying only the material World; the things you would get plentiful are technological marvels - those would bring comfort in your daily life; and you would get lots of weapons of mass destruction - those would usher in equal discomfort and disharmony in the life of man on the Globe. So, to get rational explanations about the mystery of the Universe and to understand what 'Life' actually is, - try to come closer to 'PURE CONSCIOUSNESS', Who is 'Knowledge absolute'. He and only He can explain all things and every thing about the World. Great Seers of 'PURE CONSCIOUSNESS' know all about 'Life' and all about the material World, but that knowledge is hard to communicate with common persons who are always intoxicated with the pleasure and pain of the material World. Argumentative discussions and mathematical equations would not be able to express that knowledge."

When Electromagnetic Energy of certain range of wavelengths and frequencies falls on our skin, it generates 'Action potential' in the sensory nerves of our skin. Electromagnetic Energy is converted into electrical nerve impulses in the cutaneous nerves and these impulses are carried to our Cerebral Cortex. Here in the Cerebral Cortex by some unknown processes these nerve impulses generate a particular type of sensation in our body-bound CONSCIOUSNESS. Name of the sensation that our CONSCIOUSNESS perceives is 'HEAT'. 'HEAT' is the name of a type of feeling and 'HEAT' does not exist without presence of a conscious feeler. When we put an inanimate object on fire, it does not receive 'HEAT' but it receives Energy in the form of Electromagnetic waves that increases the kinetic Energy between the atoms and molecules of that body. 'HEAT' is a type of a sensation, a type of feeling experienced by body-bound CONSCIOUSNESS of living things -- so it can not be transferred from one non-living object to another. Energy from one object having higher kinetic Energy levels in between its atoms and molecules can be transferred to another body with lower Energy levels, but 'HEAT' which is a feeling cannot be transferred from one inanimate object 'X' to a lifeless object 'Y'.

Electromagnetic Energy of certain wavelengths and frequencies generates electrical impulses in our Retinae and these electrical impulses are carried by Optic nerves to the Occipital Cortex of human Brain. Due to stimulation of that very part of the Brain our body-bound CONSCIOUSNESS feels a particular type of sensation. The name of that sensation is 'LIGHT'. 'LIGHT' is a sensation, a feeling,

which is perceived by conscious living creatures having necessary sense organs. So, 'LIGHT' does not exist in absence of a conscious perceiver.

If my finger touches a vibrating tuning fork - Mechanical Energy from that object would stimulate the sensory nerves in my finger and that Mechanical Energy is converted into electrical nerve impulses (in the sensory receptors) - which are then carried to my Cerebral Cortex. My Soul, my Being, perceives a particular type of sensation, known as 'Sensation of Vibration'. From that feeling felt by my body-bound CONSCIOUSNESS, my mind knows that the prongs of the fork are moving to and fro over time.

If the same vibrating tuning fork were made to touch the vault of my Cranium, Mechanical Energy from the fork would pass through my cranial bones and would reach to the 'Organ of Corti' in my internal ears. There this Mechanical Energy is converted into electrical nerve impulses; those are then carried by the Auditory Nerves to the Superior Temporal Gyrus of Cerebral Cortex of my Brain.

If I hold a vibrating tuning fork close to my ear, Mechanical Energy from the fork would travel through air and after passing through my external ear and middle ear, that Energy would reach to the 'Organ of Corti' in the internal ear. Mechanical Energy is transformed here into electrical nerve impulses and these impulses go to the Superior Temporal Gyrus of the Brain. So, Mechanical Energy coming either through air or through cranial bones stimulates particular areas of the Brain after being modified into electrical signals in the 'Organ of Corti'. Stimulation of those particular areas of the Brain by nerve impulses from 'Organ of Corti' creates a type of sensation in our body-bound CONSCIOUSNESS, and this very feeling is named as 'SOUND'.

So, we find that, the same Mechanical Energy creates different sensations ('Sensation of Vibration' and 'SOUND') in our body-bound CONSCIOUSNESS by stimulating different sense organs of our body. Each sense organ has its own specific area in the Cerebral Cortex where it sends its electrical nerve impulses. [In some very rare persons, Superior Temporal Gyrus of their Brain has some abnormal connections with the Occipital lobe of the Brain. Mechanical Energy coming through air produces electric nerve impulses in their 'Organ of Corti' in the internal ears. Nerve impulses generated by their 'Organ of Corti' go both to the Superior Temporal Gyrus and to the Occipital lobe. Body-bound CONSCIOUSNESS of such persons enjoys sensations both 'Sound' and 'Light' simultaneously — they see colorful sounds. This very rare condition is called 'Synesthesia'.] The same Electromagnetic Energy of different wavelengths and frequencies produces different feelings in our body-bound CONSCIOUSNESS – 'HEAT' when cutaneous nerves are stimulated and 'LIGHT' when Retinae are stimulated by Electromagnetic waves.

Human sense organs have functional limitations. Human body-bound CONSCIOUSNESS cannot perceive very high frequency (more than 20,000 Hertz) Mechanical Energy as 'SOUND' but a Bat's body-bound CONSCIOUSNESS can feel that easily as 'SOUND'. Our 'Organ of Corti' cannot convert such high frequency Mechanical Energy into electrical nerve impulses. Electromagnetic Energy of very long wavelengths coming from far away celestial objects does not stimulate our Retinae; so we can not

perceive those wave-lengths of Energy as ‘LIGHT’. Radio-astro-physicists convert that incoming Energy of very large wavelengths into Electromagnetic Energy of those wavelengths, which can stimulate our Retinae. Through these newly formed Energy forms of shorter wavelengths, Radio-astro-physicists could get detail information about the distant celestial bodies.

If we take some persons whose eyes are destroyed and stimulate Occipital lobes of their Cerebral Cortex with a pair of electrodes; their body-bound CONSCIOUSNESS would enjoy the feeling named ‘Light’. Stimulation of Superior Temporal Gyrus with external electrodes of a person, whose ‘Organs of Corti’ of are destroyed makes his body-bound CONSCIOUSNESS feel sensation called ‘Sound’.

So, ‘HEAT’, ‘LIGHT’, ‘TOUCH’, ‘SOUND’, ‘FOUL SMELL’, ‘SWEET SMELL’, ‘REDNESS’, ‘GREENNESS’, ‘SWEETNESS’, ‘BITTERNESS’ etc.—all are nothing but subjective sensations perceived by our body-bound CONSCIOUSNESS when different areas of our Brain are stimulated by electrical nerve impulses, generated in different sense organs by various stimuli, coming from sources outside our body. In fact all these sensations are nothing but interpretation of various Energy forms of the Physical Universe by our body-bound CONSCIOUSNESS. These different forms of Energies act as stimuli to our different sense organs; moreover, the presence of body-bound CONSCIOUSNESS is essential for creation of these sensations. Our body-bound CONSCIOUSNESS gets knowledge about the surrounding Physical World through these sensations. So, the Physical Universe that the human body-bound CONSCIOUSNESS knows about through human sense organs does not exist without our presence – as because the Physical reality is merely an interpretation of the various forms of Energies of the Universe of Matters. This idea is endorsed by Quantum Physics that states, ‘Object does not exist without Observer.’ Matters are mere condensations of Quanta of various forms of Energies. In the Universe of Matters a conscious observer interpret one conglomeration of Quanta of Energies as a ‘Rose’, one as a ‘Tree’, one as a ‘Stone’, one as a ‘Goat’, one as a ‘Human body’, one as the ‘Moon’, one as a ‘Star’. To a Physicist subatomic particles are not fundamental entities but are made up of various Energies. Existence of a subatomic particle and expressions of its various Physical parameters depend on the presence of a conscious observer. [*‘It is the mind, which creates the world about us, and even though we stand side by side in the same meadow, my eyes will never see what is beheld by yours, my heart will never stir to the emotions with which yours is touched.’* – George Gissing (1857 – 1903)]

When analytical and mathematical studies of the Physical World reached to this unique concept (about the relationship between the existence of the objects of Physical Universe and the mandatory presence of a conscious observer) in the early years of twentieth century; initially it was very difficult for Albert Einstein to accept this inference. However, later on he was compelled to endorse this view, which says that the very existence of a Physical object depends solely on the presence of an observer – as because ‘Reality of the Physical Universe is merely an interpretation’ made by the conscious observer. Nobel Laureate poet-philosopher Rabindranath Tagore (1861-1941) wrote a very oft-quoted poem at that time named ‘AMI’ (I am). In that poem the poet described, “If I (the conscious observer) were not in existence; the green beauty of the Earth, pink charm of the Roses, celestial joy of Moonlit night would have been nowhere. ‘BIDHATA’, the Creator of the Universe would live alone only with various forms of Energies and with different varieties of formulae, laws and Mathematical equations governing those Energies. Existence of all things and every thing of the Physical Universe depends

solely on my presence. Body-bound CONSCIOUSNESS of a conscious observer is the creator of all objects of the Physical Universe. All tangible animate and inanimate things with name and form are creations of the body-bound CONSCIOUSNESS of an observer, having sense organs, mind and

intellect.” Mr. Tagore had long discussions with Mr. Einstein on this subject in Europe sometime in the first half of the Twentieth century. [Vide: R. Tagore, Asia Magazine, vol. 31, p. 139, 1931.]

Think of early years of the Earth, when there were hills, mountains, dancing brooks, plants, but no animal. The Mechanical Energy from the dancing waters of the brooks and from the vibrating stones was spreading in the surrounding air, and that Mechanical Energy was being conducted everywhere by the processes of compression and rarefaction of the air surrounding the brooks. That Mechanical Energy conducted by air was not being converted into electrical nerve impulses by any transducer (such as ‘Organ of Corti’ in our internal ear); and body-bound CONSCIOUSNESS of no animate object interpreted those nerve impulses as ‘SOUND’. So, creator of the hills, mountains, plants and brooks was observing his own creations as if it was a silent movie. To enjoy the sweet music of dancing brooks, music of murmuring leaves ‘PURE CONSCIOUSNESS’ creates some machines through which He could feel the bliss of those music. We human beings are those machines, who interpret mere Mechanical Energy of vibrating air as the ‘SOUND of music’. Likewise, to ‘PURE CONSCIOUSNESS’ all the hills, mountains, brooks, planets, plants, the Moon, the Sun, stars and galaxies are mere localized condensation of Quanta of Energies in the ocean of Quanta of Energies created by UNIVERSAL CONSCIOUSNESS. These localized conglomerations of Quanta of Energies create ripples in the ocean of Quanta of Energies in which these conglomerations float. We human beings are machines made up of UNIVERSAL CONSCIOUSNESS and we are created by UNIVERSAL CONSCIOUSNESS; so, we are also floating in that ocean of Quanta of Energies. Receiving those ripples in the ocean of Quanta of Energies our body-bound CONSCIOUSNESS knows about those nameless, formless conglomerations of Quanta of Energies; and our body-bound CONSCIOUSNESS interpret those conglomerations as objects of different names and forms – the hills, the mountains, the brooks, the stars etc. Looking through our body-bound CONSCIOUSNESS ‘PURE CONSCIOUSNESS’ enjoys the beauty and ugliness, brightness and darkness, colorlessness and colorfulness of the creations of our body-bound CONSCIOUSNESS. (Vide writings on ‘Weak anthropic cosmological principle.’)

Sri Ramakrishna (1836–1886) the greatest teacher of modern man said, “The person, whose body-bound CONSCIOUSNESS blossoms like a thousand-petal Lotus, knows about ‘PURE CONSCIOUSNESS’ at the core of his heart. The answers to all the questions about the Physical Universe and about the unique phenomenon named ‘Life’ are then vividly clear to him.” Sri Ramakrishna also observed, “Men with such greatly expressed CONSCIOUSNESS (like Lord Krishna, the Buddha, Jesus Christ) know with great conviction that, nothing other than ‘PURE CONSCIOUSNESS’ is the only never-changing truth about the ever-changing Physical Universe, and ‘PURE CONSCIOUSNESS’ is the only subtle reality behind all diverse life forms on the planet Earth.” Sri Ramakrishna taught us that, all animate and inanimate things (human sensory organs can know about very few of them, and there are lot more about which human sense organs have no perception e.g. ‘Dark Energy’, ‘Black Matters’ etc.) of the Universe are ‘Chitanyamoy’. English translation of this

Sanskrit word is “Only ‘PURE CONSCIOUSNESS’ exists.” So, what is ‘SINGULARITY’ to a modern Physicist is ‘CHETANA’ (meaning ‘PURE CONSCIOUSNESS’) to an ancient Indian Seer. Sri Ramakrishna is respected worldwide as the greatest expert in ancient Indian wisdom in the recent past.

To an Indian the Physical Universe is an illusion and his Time-Space-bound Physical body is not his real identity. At the core of heart he knows that he is nothing other than ‘PURE CONSCIOUSNESS’. All members of the human race are his close relatives (*‘Vasudhaiva kutumbakam’*), as because all human beings are mere various expressions of a single entity - ‘PURE CONSCIOUSNESS’. All living and non-living things of the Physical Universe belong to him. That is why, in the long history of human race, only the Indians never set out with arms to rob the land and properties of other human groups. The idea of universal brotherhood propagated by Christianity (‘Love thy neighbors’- Jesus Christ) or the concept of non-violence preached by the Buddha are distant echo of the wisdom of the ancient Indian Seers. In the long history of mankind, time and again, many human groups after being tortured by stronger races took refuge in the ever-peaceful lap of mother India. So, anyone who has visited the Indian subcontinent cannot be but struck by the heterogeneity of the people, which encompasses racial, religious, ethnic and cultural differences. [*‘Civilizations have arisen in other parts of the world. In ancient times and in modern times, great ideas have emanated from strong and great races. In ancient and in modern times, wonderful ideas have been carried forward from one race to another. In ancient and in modern times, seeds of great truth and power have been cast abroad by the advancing tides of national life; but mark you, my friend, it has been always with the blast of war trumpets, and with the march of embattled cohorts. Each idea had to be soaked in a deluge of blood; each idea had to wade through the blood of millions of our fellow-beings; each word of power had to be followed by the groans of millions, by the wails of orphans, by the tears of widows. This, in the main, other nations have taught; but India has for thousands of years peacefully existed. Here activity prevailed when even Greece did not exist, when Rome was not thought of, when the very fathers of the modern Europeans lived in the forests and painted themselves blue. Even earlier, when history has no record, and tradition dares not peer into the gloom of that intense past, even from then until now, ideas after ideas have out marched out from her, but every word has been spoken with a blessing behind it, and peace before it. We, of all nations of the world, have never been a conquering race, and that blessing is on our head, and therefore we live.’* – Swami Vivekananda (1863-1902) renowned speaker of the Parliament of Religions in Chicago, USA in 1893]

Since the dawn of civilization wise men of all human groups toiled hard to get the answers to three eternal questions of human mind:

1. ‘Who am I?’
2. ‘What is the never-changing true nature of the ever-changing Physical Universe around us?’
3. ‘What is the relationship between the mankind and the Physical Universe in which we are placed?’

Scientists in ancient India got answers to all these questions. Elaborate discussions about these answers are recorded in the voluminous treaties of the ‘Adaita Vedanta’ (the science of Non-Dualism). [Authentic historical records are there that many renowned expert scientists of this school of thought were women. In ancient India women were freely and whole-heartedly accepted, with due respects, to

participate actively in all scholarly pursuits.] The ‘Adaita Vedanta’ is the most ancient of all the scientific schools of thought in the human history and it uncovered the truth about various secrets of the Universe through a rational and analytical mind. Inferences of the ‘Adaita Vedanta’ are based absolutely on logical deductions and on rational discussions about all the phenomena of the Physical Universe and about all the features of ‘Life’. Not a single irrational, ambiguous idea is found in the books of ‘Adaita Vedanta’. Renowned scholars of this school of thought convincingly proved that, there is no ‘Two’ in the Universe, all things and every thing (living and non-living) are the diverse manifested forms of a single subtle entity, and that never-changing entity is nothing other than ‘PURE CONSCIOUSNESS’. The surprising fact is that as modern science tries to answer these three eternal questions it is merely coming closer to the wisdom of stalwart scientists of ancient India. [Vide: ‘An introduction to Vedanta’ – by Sri Jnananda Bharati, Published by: Sri Vidyatheertha Foundation, Chennai 600 004. This small but lucid book is very useful for the busy modern men to have a glimpse of the vast ocean of knowledge discussed in the ancient treatises of ‘Vedanta’.]

To get answers to above three eternal questions Western Scientists try to analyze various phenomena of the Physical Universe depending on some speculations. Very often the brightest speculative idea of today is being proved tomorrow fallacious and utterly useless in explaining various phenomena of the Physical Universe and those of ‘Life’. The gigantic monument of the ‘Theory of Relativity’ is based on a speculation that the speed of Light is a constant. Recently discovered findings on various phenomena of the Physical Universe are seriously questioning the truth about this speculation. (Vide: ‘Faster than the speed of light’ by Joao Magueijo). At one time ‘Atoms’ were considered as ultimate subtle truth about the Physical Universe. Then we came to the ideas of subtler subatomic Matter particles – ‘Quarks’ and force particles – ‘Leptons’. Now it is the era of ‘String theory’, which says that vibrations of some ‘Strings’ are the subtlest truth about the tangible Universe. Newer discoveries in modern scientific studies are making older ideas null and void. But the concept of ‘Non-Dualism’ invented by ancient Indian scientists remains acceptable to all wise men for more than last five thousand years. Many great personalities of all human groups have realized the truth described in this concept. They accept that, CONSCIOUSNESS is the only fundamental entity of the Universe and CONSCIOUSNESS is the only reality. They have also realized that, only the study of CONSCIOUSNESS can disclose the true answers to the above three perennial questions. [To some deep thinking personalities the tangible reality of the Physical Universe, about that we know through our sense organs, is mere a coarse wrapping paper covering the subtle truth about the Universe. Most of the members of the human society spend their whole life roaming on that wrapper – with pleasure and pain of the worldly life; they are least interested to make a hole on the cover for peeping deep into the truth. Since dawn of the human civilization body-mind-intellect of some other persons are ceaselessly engaged in pursuits to bring the hidden truth out to light. All scientific studies with small and big tools, all philosophical discussions, all religious rituals, all selfless services to mankind, all contemplation on that eternal truth transcending materialism are different ways, those help us to unwrap the wrapper. The fortunate few, who succeed in doing so, enjoy the everlasting bliss, free from all miseries, those we suffer from daily in our worldly life.]

All organized religions have three main distinct facets. The first is the philosophical concepts about creation of the Universe and about genesis of the Human Beings. The second facet is the mythological

aspect (consisting of history of great souls, folk-tales, parables etc.) elaborating those philosophical ideas and the third one is the given instructions about various rituals to practice. And it is said that these rituals must be observed meticulously to realize the eternal truth, which is described in the philosophical ideas of that particular institutionalized religion. 'Adaita Vedanta' per se is none of the above three aspects of any institutionalized religion. It is brainchild of those forest-living open-minded wise men of ancient India, who did not have much faith in the doctrines and rituals of organized religions. [However, historical records are there that, some deep thinking reigning monarchs of ancient

India greatly contributed in this scientific study of 'Non-dualism' of 'Adaita Vedanta'. They applied the essence of teachings of 'Adaita Vedanta' in their personal lives and in the processes of serving their subjects. 'Adaita Vedanta' is a scientific pursuit with practical applicability in day-to-day life; it is not a mere intellectual gymnastics of mysterious hermits.] Philosophy, Mythology and Rituals of all known religions contain some ambiguous ideas, which no modern rational mind can endorse. But 'Adaita Vedanta' is a scientific discourse and its inferences are free from any ambiguity. So, modern men with rational scientific knowledge can study it. Moreover, followers of any organized religion have every right to study it as because 'Adaita Vedanta' does not belong to any particular institutionalized religion. This all-inclusive doctrine is for all to study with open mind. ['Dualism' is the theological basis of most of the institutionalized religions in the human society. According to Dualistic view 'Creator', 'Nurturer' and 'Destroyer' of the creation and the creation itself are two different entities. According to the 'Monism' of 'Adaita Vedanta' inanimate and animate objects of the created tangible Physical Universe and the Cause (Creator) of this creation is the same entity; and creator and creation are inseparable. 'PURE CONSCIOUSNESS' is that sole entity.]

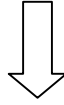
The phenomenal Universe with all its planets and stars is the vast stage erected by UNIVERSAL CONSCIOUSNESS. All the living creatures with their minds, sensory organs and motor organs are the actors playing on that stage. 'PURE CONSCIOUSNESS' enjoys this drama, residing in the human body and using human mind and human sense organs as looking glasses. [All living creatures including men have real images of 'PURE CONSCIOUSNESS' projected on them.] A good actor temporarily forgets his own real identity and pretends to reproduce authentically the behavior of the character of the enacted drama. An actor uses different masks, wigs, paints, costumes to separate himself from his own real identity; and dress himself up like that of the character of the enacting drama. Similarly we human beings deliberately forget the fact that we are nothing other than 'PURE CONSCIOUSNESS' and we willfully separate ourselves from 'PURE CONSCIOUSNESS' by putting on the 'Masks of Ego'. These masks are of different body-shapes, of varying physical-forms and body-colors, of various names and designations etc. The 'Mask of Ego' of an individual is his psychophysical body that keeps him separated from other individuals and prevents him from knowing any thing about 'PURE CONSCIOUSNESS'; as because his psychophysical body always remains busy in playing as an actor in the grand drama organized by MAYA. [According to psychologists 'Ego' of an individual is the sum total of instincts, impulses, drives etc of his Mind.] To keep the drama of Physical Universe running for enjoyment of 'PURE CONSCIOUSNESS'; our body-bound CONSCIOUSNESS wishfully forget that, all the dusts of the Universe, all the plants of our planet, all the animals of the Earth are nothing but diverse manifested forms of the only formless subtle reality ---- 'PURE CONSCIOUSNESS'. It is just like the formless ocean water, which goes on creating waves of different

forms ceaselessly. Formless 'PURE CONSCIOUSNESS' also does the same to create the Physical Universe with objects of different names and forms. Waves in the ocean of water erroneously consider themselves separated from each other. One wave thinks itself as the broadest and the strongest. Another wave thinks himself as the tallest and mightiest with the brightest crown of froth on him. A third wave thinks itself as the most colorful one. But in reality all of those are mere formless seawater. Minor and insignificant differences in external features among the different waves in the ocean of water; are the 'Masks of Ego', those keep one wave apparently separated from other waves. An individual member of the human race also does the same mistake. We try to keep ourselves separated from others by our vanity by our ignorance about our oneness. We are proud of our beautiful young Physical bodies, of our respectable family backgrounds, of our designations, of our acquired knowledge about the Physical

Universe, of our achievements in professional lives, of our accumulated Material wealth. Moreover, our designations and our status in the social hierarchy keep us separated from each other. You are a king, he is a beggar, I am a soldier; I am son of 'X', she is wife of 'Y', and he is father of 'Z'. He has faith in the religion 'M', you practice instructions of the religion 'C', and I am follower of an institutionalized religion named 'H'. I live in this part of the World; you live in that continent etc. All these superficial designations of our temporal existence act as 'Masks of Ego' and these prevent us from realizing our true identity – which is nothing but grand unity of all inanimate and animate objects of the Physical Universe. But we all are same. We differ from each other only in our insignificant external parameters but not in our Being. All members of the human community should respect each other, love each other and should not disrespect any thing in the Universe. Each and every object (animate and inanimate) of the Physical Universe has stipulated purpose to serve, definite role to play in the grand drama organized by MAYA. Good persons, beautiful things have definite roles to play; wicked men, ugly things also have important functions to serve, for keeping the drama of this Universe of Matters ongoing. So, nothing is dispensable, none to ignore. This idea of peaceful co-existence with all things and every thing of the Universe has been preached by countless great personalities in the long history of human civilization.

Using the sense organs, nervous system and body-bound CONSCIOUSNESS of the living creatures of the Physical Universe; 'PURE CONSCIOUSNESS' observes His own creations. He indifferently witnesses all the beauty and ugliness in His various creations. Through us He enjoys how is the feeling of loving others and of being loved by others. Through us He knows what happens in the mind of a killer, in the heart of a torturer and how is the sensation of pain felt by the tortured and the killed. Through us He knows about pleasure of affluence and about plight of death due to starvation. Through us He feels the beauty of the Moonlit night enjoys the pleasant warmth of the morning Sun and knows about the dreadful fury of a tornado, about a catastrophic famine, about a devastating Earth quake, about the inferno of scorching Sun in a desert, about a nuclear holocaust. All these are mere different scenes of the grand drama organized by MAYA and 'PURE CONSCIOUSNESS' is the only onlooker.

Never-changing, never-active, ever-witness 'PURE CONSCIOUSNESS' is the only entity that has real existence. 'PURE CONSCIOUSNESS' is without attributes.



'UNIVERSAL CONSCIOUSNESS' is the creation of 'MAYA'. 'MAYA' is the creative as well as destructive desires of 'PURE CONSCIOUSNESS' Himself. UNIVERSAL CONSCIOUSNESS is 'ISHWAR' to an ancient Indian scientist, 'GOD' to Albert Einstein, 'NATURE' to some modern scientists, and 'BIDHATA' to poet and philosopher Mr. R. N. Tagore and to a modern Physicist it is 'SINGULARITY', a unitary state of the Physical Universe that existed before the occurrence of 'Big Bang'. UNIVERSAL CONSCIOUSNESS is with attributes. 'MAYA' is inseparable from 'PURE CONSCIOUSNESS', just like power to burn is inseparable from a flame of fire. Burning power of fire has creative as well as destructive capabilities; similarly 'MAYA' has power of both creation and destruction. 'MAYA' creates nurtures and destroys UNIVERSAL CONSCIOUSNESS and Physical Universe according to Her wishes.



UNIVERSAL CONSCIOUSNESS creates the ocean of the Quanta of various Energies — nicknamed as 'Quantum soup'. This ocean of primordial Energies is the subject of study of 'Unified field theory' and 'String theory' of modern Physics.



Portions of the 'Quantum Soup' after being bound by the 'SPACE-TIME-CONE' become Matters. So, all Matters remain in continuity with the all-pervading 'Quantum Soup' of the Physical Universe. As because Matters are in the realm of SPACE and TIME; they are always in a state of constant change.



Conglomerations of various Matters and different Energies create all inanimate bodies, like Atoms, Molecules, Dusts, Stones, Planets, Stars and Galaxies etc. Laws of Physics and those of Chemistry are able to explain the different actions and interactions between the Matters and Energies in these inanimate bodies.





Conglomerations of different Energies and Matters create some Physical bodies; and these bodies glitter with real image of 'PURE CONSCIOUSNESS' projected on them. These illuminated objects are all the living creatures including Man. Images of 'PURE CONSCIOUSNESS' are projected on all animate objects of the Physical Universe but not upon the inanimate objects. However, the degree of expressions of 'PURE CONSCIOUSNESS' is different in different living things. It is least expressed in a Virus and most brightly flourished in human beings. Various Phenomena of Life those are inexplicable by the fundamental laws of Physics and Chemistry, are the results of the works done by the images of 'PURE CONSCIOUSNESS' on the body-bound CONSCIOUSNESS of living creatures. The fundamental basis of Life is neither the Atoms nor the Quanta of Energies but the deliberate actions of the images of 'PURE CONSCIOUSNESS' on some Physical bodies, known to us as 'Living Creatures'. As soon as the images of 'PURE CONSCIOUSNESS' stop projecting on some living creatures of the Physical Universe, those living things become life-less like a stone. This is 'Death' of the Physical body of that living creature. There is no difference between a dead man and a life-less stone; both of them are mere collections of various Energies and of different Matters, and both of them are without projected images of 'PURE CONSCIOUSNESS' on them. But body-bound CONSCIOUSNESS of that living thing would remain as-it-is eternally. Body-bound CONSCIOUSNESS of that individual would create a newer psychophysical body in the Physical plane. This is the basis of the idea of reincarnation described in 'Adaita Vedanta'.

Through the window of my room I see a tree, a goat and a big stone. All of these bodies are made up of Matters, and we know Matters are mere condensations of Quanta of Energies, and these Energies are creations of UNIVERSAL CONSCIOUSNESS. All these three Physical objects are same in the ingredients; those are used in making them. The same Hydrogen Oxygen, Nitrogen, Carbon, Sodium, Potassium, Magnesium, Calcium etc. and the same 'Weak Force', 'Strong Force', 'Gravitational Force', 'Electromagnetic Energy' etc. are used in making all these three bodies. These three things differ from each other only in the mathematical indices and these mathematical data are utilized in conglomerating the Matters and Energies in varying proportions. For example, a jar and a flower-vase both of them are made up of the same earth but they differ from each other in mathematical parameters of lengths, breadths, circumferences etc. Stones, goats, trees all are made up of same ingredients (Quanta of Energies) but they are producing waves of different types in the ocean of Quanta of Energies surrounding them as because they are products of diverse mathematical information. Various Matters and different Energies are used in varying proportions to create diverse objects of the Physical Universe. We know that, Physical bodies alter the Electromagnetic waves in the ocean of Quanta of Energies, in which the Physical bodies are floating. (Electromagnetic waves in the 'Quantum Soup' are partly absorbed and partly reflected by the Physical objects). My Retinae get those altered waves in the ocean of Quanta of Energies and my body-bound CONSCIOUSNESS interprets one conglomeration as a goat, second conglomeration as a tree and the third one as a stone. So, all objects of the Physical Universe are mere accumulations of Quanta of Energies and after knowing about them through the sense organs; human body-bound CONSCIOUSNESS interpret them as things of different names, shapes, colors etc. All of them are created from UNIVERSAL CONSCIOUSNESS, so all of them have CONSCIOUSNESS of varying degrees; but the stone is non-living and other two are living -- why?

According to ancient Indian wisdom, real images of 'PURE CONSCIOUSNESS' are projected on the Body-bound CONSCIOUSNESS of the tree and that of the goat; but that real image is not projected on

the Body-bound CONSCIOUSNESS of the stone. That is why the tree and the goat, but not the stone show signs of Life. All the phenomena of 'Life' those are manifested in some objects of this Physical Universe are solely due to deliberate actions of the projected real images of 'PURE CONSCIOUSNESS' on them. Among the livings brightest image of 'PURE CONSCIOUSNESS' is projected on some Physical objects known to us as 'Human Beings'.

So, a man's existence is eternal, as his real identity is nothing other than Body-bound CONSCIOUSNESS illuminated by projected real image of 'PURE CONSCIOUSNESS'. CONSCIOUSNESS never takes birth and never dies. It is ever-present ever unaltered. Our Physical bodies but not our Soul is in the domain of the relativity of Space and Time. So Birth, Senility, Diseases and Death, over time, are all mere changes only of our gross Physical bodies; but not of our inner Being, which is our body-bound CONSCIOUSNESS. There is no real difference between any two men, as because in their Being, both of them are reflections of the same 'PURE CONSCIOUSNESS'. Normally human Body-bound CONSCIOUSNESS remains unaware of 'PURE CONSCIOUSNESS' by putting on 'Mask of Ego'. This 'Mask of Ego' acts as a curtain between the Physical Universe of Relativity, of Names and of Forms on one side and the Name-less, Form-less Ocean of eternal CONSCIOUSNESS on the other. This 'Mask of Ego' keeps us bound to the stage show of this world of Matters; and prevents us from knowing about our true identity. When a person's Body-bound CONSCIOUSNESS throws away that Mask; solutions to all secrets of this Phenomenal Universe and answers to all questions about the phenomenon named 'Life' become clear to him. Like 'PURE CONSCIOUSNESS' he also becomes detached observer of the Physical Universe and he becomes reluctant to participate in the insignificant drama of day-to-day activities of this World of Matters. Universe of Matters is then quite unreal to him. This is the complete and perfect renunciation of the Materialism that the Buddha and other great teachers had preached about. It becomes clear to him that this stage show of the ever changing Physical Universe is mere a wishful dream of 'PURE CONSCIOUSNESS' Himself. However, the very process of throwing away 'Mask of Ego' is tremendously difficult, as it is against the creative plans of 'MAYA'. If all men could easily put off their Masks, the very drama organized by 'MAYA' would come to an end. 'MAYA' does not like that. In the long history of human civilization 'MAYA' allowed only a few persons' body-bound CONSCIOUSNESS to realize 'PURE CONSCIOUSNESS' by throwing away 'Masks of Ego'. Such persons are respected worldwide as the great masters as real Seers; some well-known names are – Jagyabalka, the Buddha, Christ, Sri Ramakrishna and others. In the West, the name of the process by which one could try to throw away his 'Mask of Ego' is 'Transcendental Meditation' and in the East it is called 'Samadhi'. In the treatises of 'Adaita Vedanta' elaborate discussions are there about the different paths to be followed by persons of different mentalities; and all these paths lead us to the same goal - realization of 'PURE CONSCIOUSNESS' by throwing away 'Mask of Ego'.

To a small child her toys are her world; she is always attracted to her toys. To a grown up person toys are useless artifacts; he is not attracted to toys. Similarly, to worldly men, like us, pleasure and pain of this tangible Universe of Matters are the causes of all our psychological bondage to materialism.

Pleasure and pain are two sides of the same coin. Some things and some situations bring pleasures to you; and lack of those things and absence of those situations are the causes of your pain. We long only for pleasures through sense gratification in our worldly life; but we get both of them; we cannot avoid the experiences of pain in our worldly life. The more we enjoy things and situations of the Physical world for sense gratification, the more we become indulged in those objects of sense gratification. We start running after those material objects with more and more vigor. This madness, this insanity, this intoxicated behavior of ours is nicknamed in the modern society as ‘Rat race for material gain’. This rat race is the commonest psychological disorder of the most, if not all, members of the modern human society, where ‘Consumerism’ is the only philosophical basis of life. An enlightened soul is not attracted to the insignificant day-to-day proceedings of the drama of the material plane. He is ever free from all bondage. He is ever-detached observer of the beauty and ugliness of the stage show; he has no longing for sense gratification, so, he is beyond pleasure and pain of the world; he is always in a state of blissful calmness. For this reason great masters of all human races have ascetic existence of monks and hermits.

Constituent atoms of my body when I was an intra-uterine fetus or when I was a student of class XI are no more with this fifty-year old body of mine; as because it is a known fact that, all the molecules of our bodies are constantly being renewed over time. So, my intra-uterine body or my school-student body is no more existent. But my body-bound CONSCIOUSNESS illuminated by ‘PURE CONSCIOUSNESS’ remains unaltered in all the above three stages of my existence in this World of Matters. And only for that reason, I can remember lots of the things those I learned in my school days. ‘I am’ is not this ever-modifying lump of Physical Matters; but to all of us ‘I am’ actually means our eternally existing ‘SOUL’ that temporarily resides in our ever-changing physical bodies made up of Atoms. ‘Life’ is nothing but the body-bound CONSCIOUSNESS of Physical objects illuminated by ‘PURE CONSCIOUSNESS’. So, if you try to solve the mystery of ‘Life’ in Atoms and Molecules – you would never be successful. Intra-uterine body of Mr. ‘X’ was formed of some amount of Quanta of Energies (as Matters) and of some amount of information. His young-man body was made up of different sets of Matters with the previous set of information. Now his, this present old-age body is made up of completely newer set of Matters; but the basic information in all the three stages of his life is the same. This basic information acts as the thread in a garland; and this information is known to all of us as Mr. ‘X’. (The idea of the legislative institution named ‘Parliament of India’ remains the same but its constituent members change once in every five years. The concept of the teaching institution named ‘The Vivekananda Institution, Howrah’, where I studied, is remaining as before, but the teachers and students of the same institution are continuously changing year after year. The ‘Parliament of India’ and ‘The Vivekananda Institution Howrah’ are basically concepts. They are not the buildings and temporary occupants of those buildings. Only the concepts have lasting values – gross things wither away, subtler entities like the ‘Concept’ persists. *‘A man may die, nation may rise and fall, but an idea lives on’* – John F Kennedy.) Intra-uterine body of now-fifty-year-old Mr. ‘X’ is already dead, his youthful body has eventually withered away in the past, and his present old body would be completely non-existent after some period of time in future; but that thread of information would remain undying eternally. This thread, this information is our ‘SOUL’, our body-bound CONSCIOUSNESS, which is in continuity with the eternally existing UNIVERSAL

CONSCIOUSNESS, which is creation of MAYA; and MAYA is creative and destructive desire of 'PURE CONSCIOUSNESS'.

According to the 'Adaita Vedanta' all living and non-living bodies of the Physical Universe are conscious as because this concrete Physical Universe is created by CONSCIOUSNESS, of CONSCIOUSNESS and for enjoyment of 'PURE CONSCIOUSNESS' Himself. So there could not be anything that exists without inherent CONSCIOUSNESS in it. It is very difficult for skeptical modern men to endorse this unique idea of ancient India. But it is a fact. In the recent past two great personalities from India described their realization of this very truth. There is no reason to disbelieve them. The Sun of Truth does not become non-existent because of dark cloud of ignorance of human mind. [*Facts do not cease to exist because they are ignored*] – Aldous Huxley] Poet Rabindranath Tagore once suddenly experienced in broad daylight that all living and non-living things near their house at Sadar Street, Kolkata, India were illuminated with absolute bliss of CONSCIOUSNESS. All things were radiant with divine joy. This supra-sensuous feeling persisted with him for few hours and then gradually faded away. On that day the poet wrote a famous poem describing that miraculous experience. There are many poems written by renowned English poets of different ages describing similar metaphysical experiences. Young Narendranath Dutta, who was well conversant with the inferences of western Sciences and of modern Philosophy, once laughed at Sri Ramakrishna when the Seer (Sri Ramakrishna) told Narendranath, 'All animate and inanimate objects are conscious.' Narendranath told his teacher, 'You are surely insane, so you are finding CONSCIOUSNESS in inanimate objects.' Sri Ramakrishna, stalwart scientist of ancient Indian wisdom in modern time did not mind and instead of arguing with the novice boy he just smiled. To help the disciple in realizing this truth Sri Ramakrishna just touched him with his palm. At that moment Sri Ramakrishna was in a state of supernatural ecstasy as his Body-bound CONSCIOUSNESS was enjoying celestial bliss of 'PURE CONSCIOUSNESS' Himself. The miraculous events started appearing instantaneously. For next three days Narendranath ceaselessly perceived that all things and every thing in his surroundings were conscious. Even the food items, utensils, walls of the houses, Iron-fence of the near by park were all found glittering with celestial luster of CONSCIOUSNESS. Modern Psychologists would love to ignore these experiences as mere hallucination of weak-minded persons. Hallucination is a common symptom of insane persons suffering from Schizophrenia. Is there any sane person under the Sun who would consider poet Rabindranath and Narendranath (Swami Vivekananda) as Schizophrenic persons? Rabindranath was awarded Noble Prize for his literary excellence (in 1913). Knowing about Swami Vivekananda's deep and clear insight into all things and every thing of the Universe; authority of a world-renowned University in the USA offered him a post of visiting lecturer in that University.

Any acidic substance makes blue Litmus red. Learning this fact from a book or from his class-teacher; a high school student has every right not to believe it. The boy would be convinced only after observing the results of the experiments performed at the Chemistry Laboratory. 'Seeing is believing.' (However, we should keep aside problems of optical illusions.) Likewise, no one should take the teachings of 'Adaita Vedanta', the science of 'Monism', granted without critically judging those teachings and without seeing 'PURE CONSCIOUSNESS' as the only name-less, form-less subtle truth behind the gross Physical Universe of innumerable things with names and forms; as stated by 'Adaita Vedanta'. Yes, all members of the human race have the power to see that. Any one could realize that, it

is 'PURE CONSCIOUSNESS' and 'PURE CONSCIOUSNESS' alone is the only ingredient used in creating this tangible Universe of Matters, in which we are temporarily placed. However, we can not realize this fact with our Physical Eyes, made up of flesh and blood. We could know about 'PURE CONSCIOUSNESS' only with the help of our intuition, which is nothing but inner Eyes of our body-bound CONSCIOUSNESS. According to ancient Indian scientists, name of the science of 'Adaita Vedanta' is 'Darason'; English translation of this Sanskrit word is "To see". Ancient Indian scientists told repeatedly that, one must learn about 'PURE CONSCIOUSNESS' from treaties and from Seers; but this second-hand knowledge is non-convincing. After knowing about 'PURE CONSCIOUSNESS' from different sources one should work hard to make his inner Eyes open, so that he himself could realize the truth about 'PURE CONSCIOUSNESS', about the Physical Universe and about the phenomenon named - 'Life'. "See Him first with the inner Eyes of your own body-bound CONSCIOUSNESS, then and only then you would be able to accept 'PURE CONSCIOUSNESS' as the only subtle reality of all things and every thing of the Universe" – this is the rational teaching of ancient Indian scientists. Only goal of the human existence on this Material plane is to experience the grand unity of all animate and inanimate objects of the tangible World with 'PURE CONSCIOUSNESS'. Mere knowing this fact from a teacher or from scriptures is not our sacred goal. We have to experience this very truth through open intuitive eyes of our body-bound CONSCIOUSNESS.

With the help of human Brain (part of our concrete Physical body) and with our subtle organ named 'Mind' body-bound CONSCIOUSNESS of any person could realize the Universal truth about existence of 'PURE CONSCIOUSNESS' and the very relationship of 'Life' and of Material World with 'PURE CONSCIOUSNESS'. [According to ancient Indian scientists, our Physical bodies are made up of coarse Physical Matters; and our minds are made up of finer Matters. Like all tangible Matters of the Physical Universe these finer Matters are also subject to constant change over time. So, our minds are always changing, always restless.] But very few of us have this realization. Minds of the most of the persons of this World of Matters are clouded with three vices. Our unclean mind can not reflect this eternal truth about the Universe. As a result, this subtle truth remains unknown to us. The vices those are referred to here are 'LUST', 'ANGER' and 'FEAR'. Lust is uncontrollable desires for pleasures of human Physical body, intense greed for accumulating Material wealth and undying craving for more and more power to subjugate other fellow human beings. Think of a person who suffers from intense craving for plentiful Material wealth; but he is not competent enough to accumulate lots of it from the never-ending ocean of Physical Matters created by 'MAYA'. He would suffer from self-hatred and he would be envious at others' fortune. Unfulfilled desire, self-hatred and jealousy would make him angry with himself and with other persons around him. His mind, already clouded with greed, would become dirtier with another vice named 'ANGER'. Angry mind would lose the power to determine what justified action is and what is not. There is every possibility that such a person would indulge in illegal, immoral, unethical activities to fulfil his passion for wealth. In these ways he might get mound of material wealth but his mind would always be filled with 'FEAR' of being dragged to the custody of law enforcing authorities of the human society. So, fulfillment of his greed does not bring peace in his mind. This vicious cycle of "'LUST'--- 'ANGER' --- 'FEAR'" would make his mind unhealthy and unhealthy mind would make his body disease-prone. The same thing happens with a person having Lust for bodily pleasures. For his uncontrolled passion for sense gratification he

would also be prey of 'LUST – ANGER – FEAR'. Moreover, minds of most of us are always filled with regrets about our past inauspicious deeds, with lamentation about our past bitter experiences, with pride in our past achievements and with baseless apprehensions about our future. Our minds always swing between the sweet and bitter memories of the past on one side, and the irrational dreams and baseless sense of insecurity about our future on the other. We could not keep our mind steady in the present moment; we forget the power of 'NOW'. For this reason we could not do any thing wholeheartedly. Our half-hearted endeavors with unclear mind make our body-bound CONSCIOUSNESS unable to realize the existence of 'PURE CONSCIOUSNESS'; Who Himself is the eternal 'NOW'. 'PURE CONSCIOUSNESS' is beyond the realm of Time. So, He has no past, He has nothing called future – He is always in Present – He is unchanging 'PRESENT'. For this reason Sri Ramakrishna said times and again, 'Ever-unsatisfied lust for bodily pleasures and never-ending craving for Material wealth are two worst enemies of the modern men. These two vices destroy their mental peace and physical health; and make them unable to realize the subtler truth about the Life and about the Universe.'

We cannot change the results of our past deeds and of our past experiences; so, to get rid of the negative feelings about our past deeds, we must forget and forgive those all. There is complete uncertainty about outcome of our future deeds and about our future experiences. So, it is useless to think too much about our future. Too much pondering over our future only distracts our concentration from our present situations. Our body-mind-intellect-conscience should be fully engaged, should be non-distractedly focused in all our deeds and experiences, those we are facing at this present moment. If we could do this, all our endeavors would yield richer fruits. This is the power of every moment of 'NOW'. If we non-distractedly feel and experience all our works, all those things we are enjoying as foods, all the climatic conditions those we are facing, company of all the persons whom we are coming across in our lives, all the good and bad situations we are encountering with; we would gradually become non-involved observer of the drama of the Material World organized by MAYA. We should experience all those as "PURE CONSCIOUSNESS". This contemplation about 'PURE CONSCIOUSNESS', this noninvolvement with materialism is one of many ways of realizing 'PURE CONSCIOUSNESS'.

'Greed for Power' or 'Lust for Supremacy' is creating all the burning problems in modern human society. Members of all different human groups, followers of different social and religious ideologies are thinking themselves as the best group on this planet. Moreover, one group is expecting that the people of other groups should accept them as the best and the most powerful one. Persons of this first group also demand that all other human groups should be their subordinates. If someone refuses to accept them as supreme power they would never hesitate to perish him. Followers of one organized religion think themselves as the most civilized persons on the Earth and they left no stone unturned to impose their ideas on persons of other faiths. A second, a third and a fourth religious group also thinks in the same fashion. These dogmatism, megalomania and intolerance among the followers of different religious groups are the main cause of terrible bloodshed, time and again, in the long history of human existence on the Globe. Similarly, the persons having faith in Socialism would like to make all other men Socialist. If any one refuses to endorse the very ideology of Socialism, the Socialists would kill him under the pretext of 'Class-struggle'. Capitalists would use 'Economic embargoes' and if

necessary naked military forces against a nation that denied accepting Capitalism as the only way of life on the Earth. We must not forget the fact that, no particular religious doctrine and no particular man-made social-political-economic ideology is absolutely good for each and every member of the human race. But still persons of all different human groups think, ‘We are the best, and our views are the best way to follow for welfare of all persons on the Earth.’ In the Philosophy of all institutionalized religions, in all the various theories found in the studies of Sociology, Politics, Economics etc. there are some brighter aspects and at the same time there are also some not-so-good ideas. Some ideas are beneficial for a large number of the members of the human race; but some are not. There could not be coins without having two sides. Beautiful flowers of good ideas and ugly thorns of harmful instructions do co-exist with each other, in most, if not in all known doctrines existing on this Planet. There would be no more any conflict between different human groups, if we could selectively compile all auspicious and brighter ideas from different social and religious doctrines; and follow those sincerely in our social and personal lives. Only this could bring real peace and perfect harmony in human society. We must stop following any social or religious ideology blindly. We should learn to judge those all by our clear and unbiased conscience. This idea of synthesizing good points from all existing social and religious doctrines is the greatest teaching of Sri Ramakrishna to modern men. He asked us to string a garland using flowers of various colors and fragrances plucked from as many plants as we could. He advised us not to disrespect or disregard any flowering tree while accumulating flowers.

On 11.09.1893 at the Parliament of Religions in Chicago, USA, Swami Vivekananda proclaimed that lasting peace and perfect harmony would prevail in human society only if we follow the teachings of Sri Ramakrishna. Because Sri Ramakrishna is the only person in the long history of humanity, who observes that, there is some truth in all religious and in all social doctrines, so we must accept all of those in our life. (However, Sri Ramakrishna advised us to be very much judgmental in doing so, just to avoid the thorns of harmful instructions, some of which are always present in all man-made doctrines. He also advised us to discard those instructions in all doctrines, which have lost their usefulness in the present day situations of modern men. He allegorically said, ‘Herbal decoction was good cure for fever in age-old days; but now-a-days Cinchona of Dr. D. Gupta is a better option.’) We did not bother ourselves to pay heed to those historical sayings of Vivekananda and to this unique all-accepting ideology of Sri Ramakrishna. We did listen to Vivekananda but we did not follow his advice, as we did never pay serious thought to what old masters (the Buddha, Christ and others) had told us to do. History tells us that number of the true followers of the teachings of great masters was always very small. Mind of most of the worldly men are always intoxicated with lust for bodily pleasures, with undying craving for Material wealth, with ever-increasing greed for more and more power to subjugate other fellow human beings. So, our mind is never ready to accept the good advises of great masters. This is the worst tragedy in the long history of the human civilization. We discarded all the preaching of the Buddha, Christ, Sri Ramakrishna-Vivekananda and others. So, after 11.09.1893 we had misfortune of witnessing the occurrence of two great world wars and God forbid, mankind might have to suffer a third one after the incidence of mass killing on 11.09.2001 in New York, USA. [*“It is not for him to pride himself who loves his own country, but rather for him who loves the whole world. The earth is but one country and mankind its citizens. – Baha’u’llah*]

Due to ever-increasing differences of opinions among various human groups; due to mounting mistrust among different members of the human society and due to ceaseless production of more and more weapons of mass destruction; the very existence of Homo sapiens on the surface of the Earth is at stake. To save ourselves from total extinction and to keep the Earth (our only abode) alive we must have to pay heed to sayings of Sri Ramakrishna-Vivekananda. ‘Adaita Vedanta’, oldest scientific discourse in the history of human civilization, is the theological basis of the all-inclusive, all-accepting ideology preached by Ramakrishna-Vivekananda. Here we are quoting some of the sayings of Vivekananda, principal disciple and renowned spoke-person of Sri Ramakrishna: - (1) *“Sectarianism, bigotry, and its horrible descendant, fanaticism, have long possessed this beautiful earth. They have filled the earth with violence, drenched it often and often with human blood, destroyed civilization, and sent whole nations to despair. Had it not been for these horrible demons, human society would be far more advanced than it is now. But their time has come; and I fervently hope that the bell that tolled this morning in honor of this convention may be death-knell of all fanaticism, of all persecutions with the sword or with the pen, and of all uncharitable feelings between persons wending their way to the same goal.”* - This was the speech of Swami Vivekananda at the World’s Parliament of Religions, Chicago, USA on 11 09 1893. (2) *“I shall go to the mosque of the Mohammedan; I shall enter the Christian’s church and kneel before the crucifix; I shall enter the Buddhistic temple, where I shall take refuge in Buddha and in his Law. I shall go into the forest and sit down in meditation with the Hindu, who is trying to see Light, which enlightens the heart of every one. Not only shall I do all these, but I shall keep my heart open for all that may come in the future.”* - Swami Vivekananda

According to one of the two well known Philosophical ideas of modern Europe, the only driving force that leads the personal and social lives of Human beings on the Earth is ‘Libido’ – lust for bodily pleasures, craving for sense gratification. The second one teaches us that, the Human social life and the long history of human civilization on the Earth are being led only by the various systems of procuring more and more material wealth from the Universe of Matters. Sri Ramakrishna, great master of nineteenth century India said, “Neither the never-quenchable thirst for bodily pleasures nor the ever-unsatisfied urge for accumulating more and more material wealth leads the personal and social lives of human beings. Personal and social lives of men and history of mankind as a whole are guided only by the auspicious qualities of human mind (like – Love, Sympathy, Empathy, Purity, Conscience, Humility, Fellow-feeling etc.). These good features of human heart are popularly known as: - ‘The expressions of Divinity already in man.’ ‘Divinity in man’ is nothing but the works done by projected real image of ‘PURE CONSCIOUSNESS’ on human body-bound CONSCIOUSNESS. So, ‘PURE CONSCIOUSNESS’ and ‘PURE CONSCIOUSNESS’ alone is the only leader, our only ever-helpful guide in all aspects of human life on the Earth”. Ancient Indian scientists (most of them were rational scientists at brain and finest poets in heart) allegorically describe ‘PURE CONSCIOUSNESS’ as the ever-ready charioteer who leads us on the path of life. The chariot with the horses is the human body-mind-intellect, warrior Arjun is the body-bound CONSCIOUSNESS; and body-bound CONSCIOUSNESS is illuminated and guided by the charioteer Sri Krishna, the ‘PURE CONSCIOUSNESS’.

We come to the conclusion that, the Physical Universe, which we perceive through our sense organs, is a vast stage on which we (all animate and inanimate objects) are mere actors and UNIVERSAL CONSCIOUSNESS is the sole director. If we think about Him with undisturbed mind, we would feel

His presence everywhere and on every moment as because human body-bound CONSCIOUSNESS is in continuity with UNIVERSAL CONSCIOUSNESS.

So, while treating a patient doctors must be very much aware of the fact that, the director (UNIVERSAL CONSCIOUSNESS) is working through one actor (body-bound CONSCIOUSNESS of the doctor) on a second actor (body-bound CONSCIOUSNESS of the patient). A doctor has no reason to be proud of his professional achievements; and at the same time, need not be mentally depressed after a non-deliberate mistake committed while treating a patient. This is because we are mere puppets in the hands of the great puppeteer; we are innocent, indifferent machines being operated by the wisest machinist. [However, doctors are not being advised here to be fatalistic fools who do not take sincerely any responsibility in accomplishing a serious job in life.] There is no doctor under the Sun who has never made any mistake in his life. Mistakes are committed only by those men, who are engaged in accomplishing some actions; but not by the idle men who lead effortless vegetative lives. Incidences of anxiety, depression and other mental stress related disorders are rapidly increasing among doctors due to various socioeconomic constraints and due to constant fear of being dragged to the court of law for any non-deliberate lapse in doing their work. For these reasons addiction to psychotropic drugs is not at all an uncommon menace in a large number of the members of medical community. All these factors are causing harm not only to the mental and physical health of an individual doctor but are also retarding the rate of progress of clinical medicine. Scared doctors are no more venturing to think in a newer way to solve any given intractable problem and to remain on the safer side they are only doing what they are being told to do by the paid scientists of the Pharmaceutical companies.

Paid scientists of Pharmaceutical companies are inventing newer modes of treatment for human ailments. To determine efficacy of those newer inventions Pharmaceutical houses are recruiting some doctors for collecting clinical data on their behalf. The data thus accumulated are extensively propagated as 'Evidence based medicine'. Are these processes of collecting data always unbiased? Sometimes they are not. Very often employed doctors fabricate data to full fill profit motives of the employing commercial houses. Moreover, while collecting these data investigators often forget the very fact that, the human race is not monolithic. They frequently ignore the well-known fact that, all things and every thing is not equally good for all members of the different human groups. This is because different human groups have significant genetic variations. [Some of many examples are cited here: Fatty acid oxidation rates are slower in lean Afro-American women than in lean white women and this physiologic or biochemical differences have an underlying genetic component. Acetylation reactions are faster in Indians than in other human groups. So Indians require higher doses of the drugs those are detoxified in the body by the process of Acetylation. Among all human groups the Indians are the most susceptible to premature Atherosclerosis. Genetic markers for this have already been discovered.] Moreover, climates of their habitats, their cultures, and their day-to-day food habits etc. of different human groups are quite different and these variables have immense impact on the outcome of any human activity and on human mind and body. Treatment plan chalked out for a beef eating gigantic Westerner is not at all applicable for a frail vegan from Indian sub-continent though both of them are suffering from the same disease.

Of late doctors are depending too much on those data propagated by Pharmaceutical companies. Excepting a few open-minded doctors most of them blindly follow what Pharmaceutical houses ask

them to do. They ignore the vast amount of clinical data and expertise, those they themselves are gathering in their day-to-day practice. Blind following of the instructions of Pharmaceutical companies very often yields bad but not good results. So, to chalk out any treatment plan doctors must critically judge all new information in the light of the evidences they themselves accumulate in their daily works.

An Indian Pharmaceutical company, marketing Methylcobalamin (MC), invited some experts from Japan who discussed about the proven efficacy of the drug in treating patients of Diabetic neuropathy. Prescribing the drug to some of my patients, I got more or less good results. Few months later another company arranged a seminar on the efficacy of some vegetable oil in the management of Diabetic neuropathy. The speaker was from some country of the Western Hemisphere. After the speech I asked his opinion about MC in treating the cases of Diabetic neuropathy. His reply was that MC had no beneficial effect in managing Diabetic Neuropathy. I told him politely that I had been getting reasonably good results using MC in the patients of Diabetic neuropathy. The Diabetologist became furious and asked me to ignore my own clinical experience and advised me to use only that vegetable oil, instead of MC, in treating the cases of Diabetic neuropathy. Should I ignore my own observations and follow the instruction of a purchased doctor? [Vide: BMJ South Asia Edition Vol. 19 No. 6 August 2003 Page 492 – 494]

In most of the countries of the world doctors are probably the most strained professionals in the society. They are always under pressure from various factors – professional, social, legal, financial etc. Sorry to say, medical practice is a thankless job. When a patient is cured of ailments, the patient's kith and kin very often say, 'God has saved his life'. Despite your sincere efforts, if the patient were to die his relatives would say, 'The wicked doctor has killed him'. Toiling hard, sacrificing your family life and personal comfort, exposing yourself to the risks of afflicting serious life-threatening infections you have successfully managed 99 cases out of 100 patients. People would not appreciate your service to the society. They would say, 'you have done just that what you are supposed to do for your livelihood. You are no better than a grocer who sells goods for money and you sell your services against remuneration.' But if you commit very minor human error in managing 1 case out of 100 cases, those very people would come forward first to drag you to the court of law. And forgetting your sacrifice for the wellbeing of the society at large they would treat you like a third-grade criminal. Persons having no knowledge about the ever-flourishing science of Medicine would come up to judge whether your treatment plans were correct or not. For his deliberate crimes a professional murderer, if convicted, gets only one punishment - either life imprisonment or capital punishment. But for a very minor human mistake in treating a patient a doctor gets three types of punishments. His license to practice Medicine would be withdrawn which is nothing but death sentence to a practicing doctor. Forum for redressing consumers' grievance would ask the doctor to pay heavy penalty as compensation to the patient or to his relatives. Police personnel would start criminal proceedings at the court of law against the doctor and that would make the doctor's life miserable one. There are ample authentic records that, the misleading and vengeful ideologies of some politicians bring unbearable misfortune in the lives of many human groups; that utterly wrong judgements in the court of law usher in worst sufferings in the lives of many innocent persons; that mistakes committed by an engineer cause premature destruction of an important structure. Has any one ever heard that these persons are being dragged to the court of law for their mistakes? But, of late, more and more doctors are being harassed even for their trivial mistakes. For these reasons in many countries good students are no more interested in considering

medicine as their future career. This would hamper advancement of medical science as a whole. However, there are doctors who are proud of their academic excellence and of their professional achievements; and out of vanity they sometimes misbehave with the patients and with the relatives of the patients. Moreover, there are doctors whose only goal in life is to accumulate lots of Material wealth utilizing this noble profession. They often undertake unethical, sometimes even illegal activities to fulfil their greed. Regulatory bodies should frame stringent laws to keep such practitioners at bay. But the most deplorable fact is that, in the long history of human civilization lots of man-made regulatory laws have been framed, and are continuously being framed; but all those laws have failed to make the human society free from miscreants. Miscreants are there in all walks of life; and their number is increasing rapidly in most of the countries of the World. Legislators of all nations always keep themselves busy in making piles of laws to keep the human society free from wrongdoers. Are all these exercises of ours successful in cleansing the human society? If you are not biased by any doctrine already in vogue in human society; if you could observe everything critically, impartially and open-mindedly; you would surely be sorry to find that, in most, if not in all nations on the Globe miscreants are reigning over the good-hearted innocent persons. If someday we could make all members of the human society having strong moral character, the ever-increasing need for framing newer laws to regulate all human activities would not be there. No man-made regulatory laws but our conscience (which is expression of the 'Divinity already in man') would then guide us in determining which a rightful action is and which wrong deeds are. [If the bricks were of good quality, if the stones were sufficiently strong, if used cementing substances were perfect; then the constructed structure would be a good one. If every individual member of any society were good, that very society as a whole would definitely be a good one.] To achieve that, we must have to make all persons conscious about their divine nature, about their real identity. To be a perfect doctor one has to be a man of good moral character with unshakable professional integrity. Knowledge about CONSCIOUSNESS and awareness about the true identity of themselves and that of their patients might help them to be an ideal doctor.

If you find someone doing something harmful for some other persons; performing some actions detrimental to welfare of some individuals or to the human society as a whole; don't criticize that miscreant bitterly, don't try to restrain him by man-made vengeful penal codes. These counter-offences would only make him more and more dog determined in doing those inauspicious deeds. It is a common experience that, mercy bears richer fruits than strict justice does. (*'In taking revenge, a man is even with his enemy; but in passing it over, he is superior.'*) We should honestly try to make such a person aware of his divine nature; we should sincerely try to awake his sleeping conscience. This is the only way, best way and positive way of cleansing the modern human society – thousands of man-made laws would never be able to do this cleansing. Time-tested concept of Monism of 'Adaita Vedanta' would be our philosophical, theological, ethical platform, standing on which we would pursue wholeheartedly to achieve that sacred goal. (*'You are infinite, you are eternal. In you is the infinite power. You are free, you are divine.'* – Swami Vivekananda. – This is the butter churned out from the milk, milked from the teachings of 'Adaita Vedanta'.) Swami Vivekananda, greatest dreamer of future flawless human society hoped that, one day each and every member of the human family would realize at the core of his heart, this eternal truth about the divinity of man. This realization would awake their conscience. Ever-awake conscience of all men would prevent them from doing anything inauspicious in their personal relationships and in their social lives. Human society as a whole would then be lifted to a higher level of civilization.

We human beings are glued together into a single mass by UNIVERSAL CONSCIOUSNESS and by 'Quantum Soup' created by UNIVERSAL CONSCIOUSNESS. Uncharitable thoughts and deeds of any member of the human race adversely affect all members of the race. Auspicious thoughts, benevolent actions of any man tend to bring harmony and peace in the whole human society. To describe oneness of Earth's atmosphere meteorologists allegorically say that, the Energy emanating from the fluttering wings of a butterfly in the rainforest in South-Asia might be augmented in the air to cause a tornado on the US coast. All actions of each and every member of the Earth's Biosphere affect the whole Biosphere somehow or others. Likewise, collective auspicious thoughts and deeds of all members of the human race would lift the human society to a higher level of civilization; and the Earth would be free from various adversities. The panacea for all the problems of the modern human society is our never-distracted awareness about the grand unity among us - but not the political pacts, not the economic treaties. If we were always aware of our unity all evils like - rabid nationalism, ruthless terrorism, heartbreaking economic exploitation would be eradicated from human society. Ever-lasting peace, stability, happiness would prevail in the human society if we learn about grand unity of all things and every thing of the Universe from the theory of 'Monism', preached in the treatises of 'Adaita Vedanta'.

Let us think about a situation in the second innings of a limited over international Cricket match, when the number of runs yet-to-be-scored is far more than the number of the balls left-to-be-bowled. What does Indian Cricket captain very often do in such desperate situations? Keeping aside the conventional copybook Cricket he improvises his shot to every ball; and very often he briskly comes out of the crease on the pitch to hit the ball hard so that she sails out of the playing arena over the ropes. When he is successful in his efforts, whole Nation gives him a big round of applause. Despite his sincere efforts when he fails to win the match, no one blame him for his unconventional Cricket, no one drag him to the court of law with the charge of deliberate deviation from copy-book defensive strokes. In desperate situations when life of a patient is at stake; and officially recommended conventional measures are not working well, doctors also used to deviate from conventional treatment plans, as an attempt just to save the life. Many new avenues of treatment modalities opened previously due to courageous efforts of many brave doctors, who ventured to think in a different line to solve a given intractable problem. This is the only process by which the modern Medical science has developed itself to such a vastness. [In the mediaeval Europe officially recommended standard practice was to pour boiling oil in the wounds (as local anaesthetic and as hemostatic measure) before surgical repair. In 1536, while working on many wounded persons in a hospital near a battlefield; a young French army surgeon could not get plenty supply of hot oil. To save life of wounded persons he improvised his surgical procedures and continued to work without hot oil. Later on he was astonished to discover that, the wound healing of the persons who had been operated upon without hot oil, was far better than that of the cohort pre-treated with hot oil before surgical intervention]. Of late, this process of advancement of Medicine is seriously hindered as because doctors are no more venturing to think any thing new to cure a particular patient. Really most of the modern doctors have stopped treating the person who is unwell. They only try to cure the diseases of the ailing persons. Measures to be taken for curing and controlling human diseases are officially recommended by paid scientists of commercial houses and these recommendations are being recorded in the textbooks. To remain on the safer side, most of the doctors blindly prescribe those measures; without judiciously considering what might be the outcome of such measures to that particular patient to whom these measures are being applied.

They very often fail to consider every aspect (personal, social, psychological and at times even physical) of the person to whom they are prescribing curative measures. Doctors are no more deviating from these recommendations, even when slight modifications of textbook recommendations are needed for treating a particular patient, even when improvisation in recommended treatment plans is necessary to tide the patient over a difficult situation. Moreover, no two patients are hundred percent similar, though both of them have the same major illness. Now-a-days doctors are reluctant in individualizing their service to ailing fellow human beings as because they are always afraid of being dragged to the court of law with malpractice charge. Moreover, the doctors are very much convinced that so long they are following the official recommendations meticulously; no court of law under the Sun would be able to convict them; whatever might be the results of those recommended measures on that particular patient. These stereotyped and bookish treatment plans, these blindly following of the recommendations of various professional bodies very often do immense harm to the patients. Most deplorable fact is that, we modern doctors are forgetting the badly needed holistic approach to the health care service that we render to the humanity. Holistic treatment means cure for the ailing Physical body, bringing consolation to disturbed mind and imparting bliss to the Soul of the diseased person. (However, we should always be aware of the fact that, body-bound CONSCIOUSNESS or 'Soul' of a living thing remains ever untouched ever untainted by pleasure and pain of the body and mind.) Recent rampant commercialization of health care service is making us puppets in the hands of business houses. And this business-orientated motives of the doctors are killing the very 'Art of healing' - the art, which is as old as the presence of the human race on the surface of the Earth. Some open-minded medical scientists have realized this. They are now trying to relearn the forgotten holistic art of serving ailing human beings from the healers of the aborigine people, who are marginalized from the so called main stream civilization. Their art of healing has not yet been polluted with the profit motives of the commercial houses of so-called mainstream civilization. (Vide: 'Healthy Mind, Healthy Body – New thought on Health / A Vedanta Kesari Presentation.' Published by Sri Ramakrishna Math, Chennai 600 004 India.). Modern doctors very often look down upon this traditional wisdom, this age-old art of healing, practiced by these marginalized people. They erroneously think that these alternative approaches to health-care service are unscientific and irrational. We should not discard and disrespect this time-honored wisdom as - 'Alternate medicine'. So, called 'Alternate medicine' and 'Evidence-based' modern medicine are not mutually exclusive. They are complementary to each other. Articles in many international medical journals have described the fact that, those who get treatment of both the classes simultaneously show better outcome than the cohort, whose treatment planes are restricted only to the science of modern medicine.

Doctors define Type II Diabetes in essentially negative terms. Type II Diabetes is a nonketotic form of Diabetes and it is not linked to HLA markers on the sixth chromosome. It is not associated with islet cell antibodies or any other immune component; and patients of Type II Diabetes are not dependent on exogenous Insulin therapy to sustain their lives. Similarly we can try to understand 'PURE CONSCIOUSNESS' in negative terms. 'PURE CONSCIOUSNESS' is neither Energies-Matters, nor Space-Time. But Energies, Matters, Space, Time all are created out of 'PURE CONSCIOUSNESS'. He is neither here nor there but He is everywhere. He is neither good nor evil but He is the very Being of all things good and bad in our judgement. He is neither Light nor Darkness, but He is the essence of all the things bright and dark. He is neither existent nor non-existent. But He is the EXISTENCE.

He is neither sorrow nor joy but He is PURE BLISS, and BLISS is something, which is beyond the feelings named 'Sadness', 'Joy', 'Pleasure' and 'Pain'. He is neither 'He' nor 'She', but He is ingredient of all male and female animate objects of the material plane. He is neither born nor unborn, but He is all things those take birth and die. Human languages cannot describe Him. Our skin cannot feel Him. Our ears cannot hear Him. Our noses cannot smell Him. Our tongue cannot taste Him. Our physical eyes cannot see Him. Our subtle organ 'Mind' cannot know about Him. But without Him our eyes can not see, our skin can not feel, our ears can not hear, our noses can not smell, our tongue can not taste, our Mind cannot think. So long my body-bound CONSCIOUSNESS is illuminated with direct image of 'PURE CONSCIOUSNESS' my 'Mind' can think about love and hate; my eyes can see beautiful and ugly things; my ears can hear the symphony and cacophony; my tongue can enjoy tastes of sweet and bitter things; my skin can experience hot and cold; my nose can appreciate fragrances of Roses. As soon as the direct image of 'PURE CONSCIOUSNESS' ceases to be projected on my body-bound CONSCIOUSNESS all my organs would stop working – this is 'Death' of my Physical body made up of Atoms, but not of my body-bound CONSCIOUSNESS, Who is immortal, imperishable and eternally immutable. [*I have neither death, nor fear of death; nor was I ever born, nor had I parents. I am not misery, nor ever I had misery; I am not enemy, nor had I enemies. I am Existence Absolute, Knowledge Absolute, Bliss Absolute; I am He, I am He.* - Shankaracharya (686AD – 718AD)]

Our Mind knows about any newer thing by judging the features of that thing in the light of the knowledge, already stored in the memory, about the things of the Physical Universe. (Memory is just like the ready-to-use data kept in the hard disk of a computer). 'PURE CONSCIOUSNESS' is not like the object named 'X', it is not like the object 'Y', it is not like the object 'Z'; and for that matter it is not like any thing of the Physical Universe. Although 'PURE CONSCIOUSNESS' is the only ingredient used in creating the objects 'X', 'Y' and 'Z', and for that matter all things and every thing of this concrete Physical Universe. [A mound of earth is not like a flower-vase, a mound of earth is not like a pitcher, a mound of earth is not like a pot, a mound of earth is not like a drinking vessel; though all these objects (with specific names and definite forms) are fabricated using the formless mound of earth.] Our Mind stores the knowledge only about things of the Physical Universe and it accumulates those data through our sense organs. Our Mind has no preconceived idea about 'PURE CONSCIOUSNESS', so it fails to know any thing about 'PURE CONSCIOUSNESS'. However, our body-bound CONSCIOUSNESS has capability to have glimpse of 'PURE CONSCIOUSNESS' with the help of our central nervous system and with active participation of well-trained human Mind. According to ancient Indian scientists only goal of human life is to have a glimpse of 'PURE CONSCIOUSNESS' and to enjoy His bliss. If we try sincerely we could reach to that goal in our life time by purging out negative thoughts (Lust, Anger, Fear, Envy etc) from our mind and by knowing that MAYA creates this illusory Universe of Matters just to hang a curtain between our body-bound CONSCIOUSNESS and 'PURE CONSCIOUSNESS'. If we could make our mind clear like a spot-less Diamond, if we had a strong desire, if we had undistracted longing for having the glimpse of 'PURE CONSCIOUSNESS'; and if MAYA would kindly allow us to have that, then and only then our body-bound CONSCIOUSNESS could peep through that curtain. In the long history of human civilization many masters had tried hard, time and again, to teach us the processes of cleansing our mind, preached us about our true identity, but excepting very few persons most of us did not pay heed to their sacred advises. Almost all worldly men love to remain intoxicated in the pleasure and pain of the ever-enacted

drama of the Physical Universe organized by MAYA. We forget the fact that, all things and every thing of our life that we lead here on the Earth are unreal save the relationship of our body-bound CONSCIOUSNESS with 'PURE CONSCIOUSNESS'. This eternal relationship is only real thing in the universe. This is not an absurd idea of a mystic but an inference of logical deduction made by ancient Indian scientists.

Here is an anecdote to explain how human Mind works. A foreigner brought a boar to the royal court of a country where people had seen boar never before. The king asked the learned men of the court to tell him about the animal. In the Minds of those pundits there were no information about that animal as because they had not seen boar and had not heard about boar before; but in the hard disk of their Mind there were stored data about Elephants and about Rats. Instead of disclosing their ignorance about that new strange animal, they pretended to show as if; they were well equipped with answers to all the questions under the Sun. The clever men told the king that, that creature was not a new animal to them. According to them that creature was merely a well-fed fattened Rat or an under-nourished decaying emaciated Elephant. We worldly men can not know about 'PURE CONSCIOUSNESS' easily, as because our untrained Mind always tries to know about 'PURE CONSCIOUSNESS' in the light of the accumulated knowledge about the things of this Universe of Matters; but 'PURE CONSCIOUSNESS' is not like any thing of the Universe of Matters. Only a good preacher, who himself has a glimpse of 'PURE CONSCIOUSNESS', can train our Mind. Our trained Mind learns the very processes of knowing about a newer thing without assistance of accumulated knowledge stored in our memory. To see 'PURE CONSCIOUSNESS' with the help of the intuitive Eyes of our body-bound CONSCIOUSNESS we must have to take help of a real Seer. Training of our mind under a real guide is essential for accomplishing any thing that we wish to do. For example, if you wish to enjoy writings of Rabindranath Tagore, you have to make your mind trained in Bengali alphabets and in Bengali Grammar with the help of a person who has sufficient firsthand knowledge about the subject. If you wish to go to Kailash-Manash Saravar at Tibet in China for pilgrimage you must have to take help of local guides, who knows well all the roads to that destination.

We have 'Subconscious mind', which acts as data-storing hard disc of a computer; we have active 'Conscious mind', which acts as open page of a computer on which works are being done at this moment of NOW. We have Soul or body-bound CONSCIOUSNESS, which is the source of all our intuitive knowledge; and above all we have real image of 'PURE CONSCIOUSNESS' projected on our body-bound CONSCIOUSNESS, and only for this real image of 'PURE CONSCIOUSNESS' we are living objects. This real image of 'PURE CONSCIOUSNESS' is considered as the "Divinity already in man". Your body-bound CONSCIOUSNESS, my body-bound CONSCIOUSNESS, body-bound CONSCIOUSNESS of a plant, of a stone, of a planet, of a star, of a galaxy is the same entity; it is UNIVERSAL CONSCIOUSNESS or 'Super-conscious mind'. According to some masters 'PURE CONSCIOUSNESS' is 'Supra-conscious mind'. Most of us always dwell on our 'Conscious mind' and 'Subconscious mind'; and these Conscious and Subconscious mind keep us bound to the drama of this Universe of Matters, as because our 'Conscious mind' together with our 'Subconscious mind' creates our 'Mask of Ego'. This 'Mask of Ego' prevents us from experiencing our real identity; however, this 'Mask of Ego' helps us to act perfectly in our prefixed role on the stage of grand drama organized by MAYA. A real Seer teaches us about the ways of preventing ourselves from becoming bemused by the

temporary grandeur of the stage show of the World of Matters. He teaches us how to renounce our insatiable thirst for the pleasure and pain of worldly life, to which most of us have addicting attachment. He teaches us how to throw away our 'Mask of Ego'; and how to come face-to-face with the eternally present great director behind this ever-changing stage, set up temporarily for the drama.

Our omniscient body-bound CONSCIOUSNESS knows all about 'PURE CONSCIOUSNESS', as because 'PURE CONSCIOUSNESS' always illuminates our body-bound CONSCIOUSNESS. To play as an actor in the grand drama of the Material plane human body-bound CONSCIOUSNESS separates Himself from 'PURE CONSCIOUSNESS' by putting on 'Mask of pretended Ignorance' and 'Mask of Ego'. We know that the Masks, those the children play with, are of different shades of color. Likewise, the 'Masks of ego' of ours are the cause of different mentalities found in different individuals in human society, as because these Masks are mere psychophysical bodies of ours. Each individual has his own psychophysical body, which is completely different from the psychophysical bodies of others. These different mentalities of ours make us competent in performing some works efficiently, and make us in doing some other works not so efficiently. According to ancient Indian scientists, all members of the human race could be divided into only Four distinct classes according to the types of jobs those they could do best. These Four classes and only these Four classes of individuals were there in the past, are here at present and would be in future in human society. Some individuals are best in doing intellectual works, some are best in administrative jobs, some excel in trade and commerce and some are experts in accomplishing works, which require immense Physical strength. A person's life would be richly fruitful if he would engage himself in the works those fit well with his competence. A dramatist tells the story through the dialogues between different players acting in the roles of different characters with varying mentalities. Most of the renowned dramas of World literature are full of many characters with diverse mentalities. Likewise the grand drama of Physical Universe organized by 'MAYA' would always be with Four classes of human actors. Classless human society is impossible – as it is against the plan of the great dramatist cum director – 'MAYA'.

All things of this Physical Universe are with attributes. Fluidity is the attribute of water. Firmness is the attribute of a piece of wood. Hardness is the attribute of iron. The gross Physical Universe is filled with enormous number of substances having thousands of types of attributes. Ancient Indian scientists observed that, the attributes of all different things of this World of Matters are nothing but various permutations and combinations of the three basic attributes of UNIVERSAL CONSCIOUSNESS. The first attribute of UNIVERSAL CONSCIOUSNESS is characterized by spotless purity, blissful calmness, unfathomable depth of wisdom, ceaseless serenity, ever-lasting silence etc. The second attribute is characterized by ardent activities, undying passion for enjoyments, never-ending fighting spirit, enthusiastic creativity etc. Ever-blind ignorance, never-ending idleness, and ceaseless inertia characterize the third attribute. All animate and inanimate objects have these attributes. The Buddha, Jesus Christ, Sri Ramakrishna had maximum amount of the first attribute with very little of other two. In Alexander the great, in Napoleon and in other great warriors we find presence of proportionately greater amount of the second attribute. The third attribute is detectable in relatively greater amount in persons with criminal propensity. Calm, quiet and ever-meditating Lord Shiva is the icon for the first attribute; ever-fighting Goddess Durga is for the second and ever-cruel tyrant Mahisasur (Demigod) is for the third. Brightness and purity of noble metals like Gold, Platinum etc indicate presence of relatively greater amount of the first attribute of UNIVERSAL CONSCIOUSNESS in them. Ever

active Uranium, Radium, inorganic acids etc are examples of Matters having greater amount of the second attribute with smaller amount of the other two. Inert gases (Argon, Neon etc.) are good examples of inanimate objects having relatively greater amount of the third attribute with insignificant amount of other two. UNIVERSAL CONSCIOUSNESS Himself and all things and every thing of this Physical Universe are with attributes. These attributes help human Mind to know about various characteristics of all the things of the Universe of Matters, and this knowledge remains stored in our memory. These data in our memory assist us in knowing about something that we are encountering with for the first time. This system works well in knowing about a thing having the three basic attributes of UNIVERSAL CONSCIOUSNESS in it. Utilizing this process of deductive reasoning with the stored data about the things with attributes, our Mind cannot know about 'PURE CONSCIOUSNESS' as because 'PURE CONSCIOUSNESS' is without attributes. Our subtle organ Mind, our body and our Brain all are made up of things having attributes; so it is very difficult for us to know about something which is devoid of any of the three basic attributes. [According to ancient Indian scientists, 'PURE CONSCIOUSNESS' is 'Tregunatita. 'Tre' means three, 'Guna' means attribute and 'Atita' means beyond. 'Tre' + 'Guna' + 'Atita' = 'Tregunatita'. Meaning 'PURE CONSCIOUSNESS' is without any of the three fundamental attributes of UNIVERSAL CONSCIOUSNESS.] However, with the help of our body-bound CONSCIOUSNESS and with the active participation of our Nervous system, our Mind could manage to have knowledge about 'PURE CONSCIOUSNESS'; but that requires extensive specialized training of human Mind under a real Seer.

Until now we have used Chemical Energies in the form of drugs to cure physical and mental ailments of human beings. We have used Electromagnetic Energies like, X-rays, Gama rays, Infrared rays etc to treat various diseases. We have utilized other forms of Energies of the Physical Universe to cure human ailments, but have we ever ventured to use Spiritual Energies as therapeutic means? The straightforward answer of the doctors of this century would be, 'Evidence based medicine does not advocate it.' Evidences proving efficacy of Spiritual Energies as therapeutic tool are not collected by the commercial houses and are not propagated by purchased doctors of pharmaceutical industries. But lots of evidences showing usefulness of Spiritual Energies, ample proofs in favor of therapeutic power of human Soul are there, which we are taught to ignore as 'Pseudo-science'. We, the modern doctors love to think that, the practitioners of the power of CONSCIOUSNESS are uncivilized persons; we think that, there is nothing to learn from them. Few weeks ago Discovery Channel showed that an African-American teen-ager was shot point blank in the head. To save his life and to prevent development of intra-cranial hypertension due to post-operative edema the Neurosurgeon cut out a large portion of his healthy brain along with the severely damaged areas. The Surgeon told the boy's mother that her son would be completely crippled if at all he survived. The mother told the doctor that, she had been praying to God for complete recovery of her innocent child and surprisingly that boy started playing basketball only three weeks after the date of assault. At present he has no residual paralysis for which the Surgeon and other Neurologists have no scientific explanation. Discovery Channel showed another case report. After completing all sophisticated modern investigations, top ranking Neuroscientists and ENT specialists of a reputed hospital in the USA unanimously declared a small girl congenitally deaf and dumb with no chance of recovering in the future. The girl's five-year-old elder brother started praying for her cure. Surprisingly, the girl became completely normal within a few months. 'We don't have any explanation for this Miracle' - said the overwhelmed experts in front

of the camera. One must agree with the fact that, Discovery Channel does not telecast cock and bull stories. These above two incidences are sufficient proof for believing that, our body-bound CONSCIOUSNESS is empowered to do whatever he chooses to do. The greatest power of 'PURE CONSCIOUSNESS' is the power of creation. He creates and goes on creating whatever thing or situation that He wishes to create. Human body-bound CONSCIOUSNESS, which glitters with direct image of 'PURE CONSCIOUSNESS', has the same unlimited creative power. We can create any thing, any situation according to our wish. But very few members of the human race harness this immense potential Energy of our Soul.

In each and every affair of our worldly life we have plethora of diverse opinions. We can not do any thing unanimously. This is because in deciding about any matter (be it in personal life, be it in family life, be it in social life) we are invariably led by the selfish thought – 'What is for me in it?' This petty selfish motive of ours is the cause of all disharmony and discord seen in our family, in our society, in the whole human race. Forgetting our insignificant, ridiculous, childish differences in the various opinions about all facets of human life, if all members of the human race would come forward as a single body and if we could work sincerely, selflessly and honestly, there would be no more any problem on our planet. All burning problems of the Earth would be solved by the collective auspicious power of human Soul. There would be no poverty, no death due to starvation, any more ever-increasing degradation and destruction of the Biosphere, and no apprehensions of nuclear holocaust. [If we consider ourselves civilized creatures, we should stop using our scientific knowledge, our technical skills and all our other precious resources in developing newer weapons of mass destruction; and we should start using these inputs in human welfare, in the betterment of the mother Earth. If we could do that, desert Sahara would be a fertile land within five years, Tropical rainforests would regain their lost richness and treatments of diseases like Cancer, AIDS etc would be discovered within a year.] The secular and scientific theory of 'Non-Dualism' proclaimed by ancient Indian scientists would be our most reliable guide in achieving this cherished goal, as because, according to this theory, the auspicious grand unity of human race is the truth; separateness among us is illusion. [*"The greatest comforts and lasting peace are obtained, when one eradicates selfishness from within."* – Guru Gobinda Singh] There is deep-rooted misconception among many people that, the teachings of 'Adaita Vedanta' are mystical, and these teachings are something of the out of the day-to-day reality of the human life. They erroneously think that, the inferences of 'Adaita Vedanta' discard the Universe of Matters; so teachings of 'Adaita Vedanta' have no bearing on human life in this world of Matters. But the fact is that, 'Adaita Vedanta' does not discard or disregard this Universe of Matters where we are placed; but 'Adaita Vedanta' clearly explains the very essence of this gross Physical Universe. [We know about the Physical Universe through our unreliable sense organs. Our sense organs very often make mistakes in delineating even the gross physical objects. Our sense organs are utterly incompetent in helping our body-bound CONSCIOUSNESS to realize the invisible subtle truth about this visible gross Universe of Matters. Really our sense organs are quite undependable in disclosing the truth. For their inefficiency we mistakenly consider a rope as a snake and a snake as a rope. 'Adaita Vedanta' makes us aware of the eternally unchanging subtle truth about this ever-changing, always-modifying gross Physical Universe. Moreover, 'Adaita Vedanta' teach us practical lessons about rational, scientific methods of realizing this subtle truth through our intuitive Eyes; and these paths have been checked and rechecked by countless great masters in the long history of mankind.] 'Adaita Vedanta' undisputedly described the eternal truth, the subtle truth about this temporal, gross and ever-changing Universe of Matters.

Moreover, wise men from different human groups have proved beyond doubt that the inferences of 'Adaita Vedanta' can aptly explain all the mysteries of Life and those of the ever-changing Physical Universe. Teachings of 'Adaita Vedanta' could easily be applied in the study of Cosmology, Physical Sciences, Physiology, Psychology, Sociology, Ethics, and Aesthetics etc. According to Swami Vivakananda there is no question about the Universe and about various aspects of Life, answers to which are not readily available in the teachings of 'Adaita Vedanta'. [After knowing the subtle truth that, a tangible matter like water is merely a compound of two atoms of Hydrogen and one atom of Oxygen, does a chemist discard the existence of water? Does he disrespect the usefulness of water? Does he stop using water in his worldly life? Does this knowledge prevent him from using water in the same fashion as done by an illiterate person? Likewise, ancient Indian scientists did never disrespect, disregard the importance of this Universe of Matters after realizing the subtle eternal truth about it. They lived normal worldly life with peace and harmony; and their personal and social lives were far more glorious and fruitful than those of ours.]

Whatever we try to do, it requires both Science and Art. Learning alphabets and grammar of any language is the process of training of our rational mind and it is a scientific pursuit. Using that scientific knowledge, creation of 'Hamlet' or 'Gitanjali' is a work of art. The practical knowledge about how to use brushes and paints is science but 'Mona Lisa' is the result of the highest artistic endeavor. Science is training of our rational mind with information and skills. And these information and skills are mere collections of data acquired by our forefathers through their sense organs. But Art is doing that thing, about which we could know intuitively without the help of our sense organs. For performing any given job perfectly we need both Art and science. Science is what trained human mind asks us to do and Art is the instructions of our Soul, guidance of our body-bound CONSCIOUSNESS. Our trained mind might make mistakes in accomplishing a given work; but intuitive knowledge acquired from human body-bound CONSCIOUSNESS is always foolproof. In treating patients a doctor must be well equipped with the knowledge of recent developments in the Medical Sciences; and should learn well the know-how of using that knowledge rationally. But at the same time he must learn to pay heed to the instructions (instinctive knowledge) sometimes he gets from his Soul. At times this intuitive knowledge proves to be the most helpful friend of a doctor to tide him over a critical situation. Probably there is no practicing doctor who has never been helped by this so-called 'Gut feeling' in his professional life. [Of late scientists have discovered that total number of Neurons in various Nerve plexuses of human Gut is greater than that of the human Brain! Do those large collections of Neurons in our gut act as our second Brain? Is this so called 'Gut feeling' a collective functions of these Neurons in the human Gut?] We must not forget the very fact that, most of the great achievements in the human history are the results of sparks of intuitive knowledge suddenly appeared in the mind's Eye of some individuals. Very often newer ideas, deeper insights into the difficult-to-solve problems of Physics, Chemistry and Biology etc. suddenly occupy the mind of a scientist; and these unique ideas come all on a sudden from nowhere. Many masterpieces in Fine Arts and in Literatures are creations of intuitive knowledge suddenly projected on the mind's eyes of the artists and the writers. All these intuitive flashes are results of the works done by 'PURE CONSCIOUSNESS' on body-bound CONSCIOUSNESS of some fortunate individuals.

Our modern educational systems teach us how to earn more and more money, how to amass plenty of Material wealth working 80 hours a week. But do not teach us the art of living with physical and

mental peace, the art of living in harmony with all things and every thing of the World and the art of living a life enriched with diverse accomplishments. [According to Bankim Chandra Chattopadhyay, renowned writer-philosopher of nineteenth century Bengal, India: “Fundamental quests of human mind are, ‘What is Life’, and ‘What ought to do with Life’.” Answers to these questions are not available in the curriculum of modern educational systems. Perfect art of living is not taught in the educational institutions and it is not preached even by the most of the ministers of institutionalized religions.] We do not know how to live a peaceful life in harmony with all things and every thing of the Universe. We are not taught the art of living without fear, without anxiety, without sense of insecurity. Most of the persons of the modern human society are always afraid of losing their health, afraid of losing their accumulated wealth, always apprehensive of losing their place in the social hierarchy. Moreover, they are anxious about the well-being and security of their near and dear ones. Above all, all of us are always afraid of death, which is ceaselessly threatening us to snatch us away from this known World of Matters, to which we have intoxicating bondage. This sense of insecurity is the main cause (if not the only cause) of all physical and mental ailments of modern men. Sense of insecurity causes mental stress, which adversely affects the Psycho-Neuro-Humoral axis and Psycho-Neuro-Immune axis of our body. As a result we become susceptible to physical and mental ailments. Teachings of ‘Adaita Vedanta’ make us conscious about our real identity and this awareness helps our mind to get rid of baseless anxiety and apprehension. Thus inferences of ‘Adaita Vedanta’ help us to remain physically and mentally healthy by making our mind free from all fear. So, it is not exaggeration to say that, the teachings of ‘Adaita Vedanta’ has definite role to play in the well being of our existence on this Plane of Matters; and ‘Adaita Vedanta’ is not something without practical utility in our day-to-day life. Moreover, other teachings of ‘Adaita Vedanta’ (‘Love all things and every thing of the Universe without bitter criticism and without conditions’ and ‘Do good to others without expecting petty personal gain’) have immense capability in bringing perfect harmony and ever-lasting peace in human society. So, it is utterly wrong to consider ‘Adaita Vedanta’ as an airy-fairy notion, as something impractical and mystical. Teachings of ‘Adaita Vedanta’ are with down-to-earth practicality in our life. These teachings help us to keep our calm in all situations of our lives. We are neither elated by goodness, nor depressed by evils in our lives. Men of wisdom glides through water of life unaffected by torments of modern life like the swan that lives in water but untouched by water. For betterment of our personal life and of our social life, all members of the human race should be acquainted with the fundamental ideas of ‘Adaita Vedanta’. Essence of the teachings of ‘Adaita Vedanta’ says that, in this Universe ‘PURE CONSCIOUSNESS’ is the only substance and all other things are non-substances, so, we should always keep ourselves conscious about ‘PURE CONSCIOUSNESS’. [*“Education is the manifestation of the perfection already in man. Religion is the manifestation of the divinity already in man.”* – Swami Vivekananda]

Our Physical body, mind and intellect create our ‘Ego’, which according to Sri Ramakrishna is our minor ‘I’, our insignificant identity, our temporal ‘I’, our superficial ‘I’. Our real ‘I’, our permanent ‘I’, our eternal ‘Self’ is our body-bound CONSCIOUSNESS illuminated by ‘PURE CONSCIOUSNESS’. A real Seer helps us to guide our body-mind-intellect to the right path that would lead our body-mind-intellect to the goal of realizing our eternal ‘I’, our real ‘Self’. According to great masters of all known institutionalized religions, this ‘Self realization’ is the only goal of our life on the Earth – as because this ‘Self realization’ helps us to know about ‘PURE CONSCIOUSNESS’. If you enter into a room blindfolded, you might experience uncanny feelings; you might think that the objects of that room are

something mysterious. The moment you remove the blindfold every thing surrounding you in that room would become vividly clear to you. Similarly to most of us teachings of 'Adaita Vedanta' are mysterious, uncanny, unbelievable, and unacceptable as truth. But as soon as our mind and intellect go beyond the blinding glitter of materialism; as soon as our mind and intellect renounce the ever-increasing lust for sense gratification; we come face to face with our body-bound CONSCIOUSNESS and with 'PURE CONSCIOUSNESS'. Then and only then you would learn the truth described in the 'Adaita Vedanta'. This enlightenment of our mind and intellect helps us to understand that teachings of the 'Adaita Vedanta' are results of a rational scientific study; these are not daydreams of some mystical insane persons.

To create unity among members of the human race we should emphasize on the similarities but not on the differences between them. Your life-style, your dress-code, your eating-habits, your theology, your philosophy, your ideas about Physical Universe, your rituals, your faiths, your believe-systems – all these might be completely different from those of mine. This is because, 'PURE CONSCIOUSNESS' has bestowed 'Free will' to mind of every individual member of the human race. But underlying all these superficial differences, there are many features of human mind, which are common to both you and I. Both of us smile when we are in joy; you and I shed tears when we are in pain and sorrow. I have sympathy for your pain; you stretch out your hands with empathy when I am in need of help. So, for our insignificant superficial differences, we should not hate each other, we should not fight among ourselves. Only goal of our worldly life is to know about our real identity through actions performed with our clear consciences and with the use of our free will. In the treaties of 'Adaita Vedanta' there are descriptions of numerous paths, which lead us to that sacred goal. One main path is to contemplate on 'PURE CONSCIOUSNESS' renouncing the householder's life. For most of us this path is very difficult to step on. According to ancient Indian scientists, stepping on this path is just like walking on the sharp edge of a razor blade. Only great masters ventured to walk on this path. For householders like us the most suitable path is to engage our body, mind, and intellect in worldly affairs, without any trace of desire for personal gain. Constant practice of this selfless service would open our intuitive eyes; and through those inner eyes we would be able to realize our true identity; we would be enlightened.

'Free will' of a person frames his own way of life, his own believe-systems, his faiths and fascinations, his likes and dislikes. Every individual of the human race has right to choose his or her own way of life according to his or her free will and according to his or her mental inclination. However, this choice must not disturb the social ethics of human race, must not disrespect time-honored norms of the society of the naked apes – known to us as Homo sapiens. Moreover, I must not try to impose forcefully my way of life, my own thought processes on your mind against your dislike. You should not also try to press me into the mould of your own believe-systems. According to Swami Vivekananda, in future, influences of all known institutionalized religions on human mind would be withered away; and every individual of the human race would have his or her own personal religion, personal believe-systems and personal rituals. He dreamed that, all these personal faiths would co-exist with each other in harmony and with mutual respect.

According to Aldous Huxley, Sri Ramakrishna (1836-1886) was the only great master in the long human history, whose unaltered daily sayings were authentically recorded in black and white by a highly qualified schoolteacher of his time. The teacher meticulously recorded conversations of

Sri Ramakrishna with persons of different mentalities, keeping even his rustic accents unedited. The teacher recorded even the date, time and place of conversations; he also recorded the name and other personal details of the persons with whom the master had spoken. Sri Ramakrishna is respected worldwide as the greatest expert in ancient Indian wisdom in the recent past. Those recorded dialogues of the great Seer are at present our most reliable source of knowledge about ‘Adaita Vedanta’ – the science of ‘Non-Dualism’. From the teachings of Sri Ramakrishna we could learn the art of living in this Universe of Matters. He teaches us how to lead a life empowered with the knowledge bestowed by teachings of ‘Adaita Vedanta’. He says that, in this Universe of Matters we are mere actors; and we have come here for some stipulated purpose to serve, to play in some roles in some prefixed scenes, so that, the unending grand drama, organized by MAYA, remains running. We must play our role in this drama sincerely, honestly and whole-heartedly. So long we are here, we should be with all things and every thing of this vast stage of Physical Universe; but at the core of our heart we must always be aware of the fact that, our identity here on this Material plane is not our real identity. In this world of relativity our apparent identity is always related with various things and with different persons of this temporal existence. We must always keep this conviction deep-rooted in our heart that, our pretended identity which is based on names and forms of the objects of the Physical Universe is not our real identity; as because we really are formless, nameless ocean of ‘PURE CONSCIOUSNESS’ and nothing other than ‘PURE CONSCIOUSNESS’. If we were always aware of our real identity; nothing of this Physical Universe, no one in our vicinity, not any incidence of this Material World would be able to disturb the celestial Bliss of our Soul - even though we were physically present with all inanimate and animate things of this tangible Universe. A maidservant in a city is serving the family of her master wholeheartedly, but at the depth of her mind she always knows that her real identity is not in relation with the persons she serves; but in relation with the persons living at her own distant village home. Like her we should always be aware of our true identity. According to Sri Ramakrishna, “A boat must be in water; but water must not be inside the boat – likewise be with pleasure and pain of the Physical Universe, but don’t allow that pleasure and pain of this Physical Universe to distract you from your inner calmness. And you would achieve this inner calmness only when you would know your real identity. So, firstly know about ‘PURE CONSCIOUSNESS’ through your inner eyes and then you would be able to live blissful worldly life.” This, according to ‘Adaita Vedanta’, is the art of living without fear, and this art is mankind’s greatest need in the twenty-first century. Our Physical body, our Mind, our intellect, our conscience - all these should be fully engaged in the drama of the worldly life; all these should be fully active in performing the stipulated job for which we have been created in this Physical Universe; but our inner Being, our Soul should always remain as an ever-detached observer. This renunciation of the bondage of ever-active worldly life, this non-involvement with Materialism, this dedication to auspicious actions without petty self-interest, this existence in Physical plane without any desire, is the greatest teaching of Lord Krishna, the Buddha and Sri Ramakrishna to mankind. For this reason on First January 1886 few months before his demise from the Physical plane, Sri Ramakrishna blessed the humankind by saying, “I am sure one day all of you would definitely be conscious about ‘PURE CONSCIOUSNESS’.” This blessing of a real Seer is the brightest ray of hope for human race, suffering from the torments of modern life.

Discussions on CONSCIOUSNESS should be incorporated in the curriculum of medical schools. This would make students having a holistic approach to their lives and to their future profession. They would be better men and skillful doctors with clear mind and broad heart.

COMMENTS: It is said that a small boy once asked his father, ‘How big was a Dinosaurs?’ Instead of loading the boy’s small head with lots of figures in inches and feet the father said, ‘If you stand on the second floor of our house, you would be face to face with a Dinosaurs.’ This answer taught the boy the art of thinking about complex subjects in a simpler way. Later on, he became a world renowned Physicist. This write-up is a humble endeavor to discuss about a complex subject - CONSCIOUSNESS in a simpler manner. This is mere accumulation of alms accepted by me from various sources. According to ancient Indian scientists, human body-bound CONSCIOUSNESS can perceive the very existence of ‘PURE CONSCIOUSNESS’ with the help of human nervous system and with well-trained human mind but no human language can describe that experience. Human languages are utterly incompetent in describing any thing about experienced feelings. Lots of discussion and description about the ‘Sweetness of Sucrose’ would not help you in knowing any thing about the feeling named – ‘Sweetness’. To experience the sensation named ‘Sweetness’, you have to put Sucrose on your own Tongue. Similarly to enjoy absolute bliss of ‘PURE CONSCIOUSNESS’ you have to come in direct contact with none other than ‘PURE CONSCIOUSNESS’ Himself. This highest goal, rather only goal of human existence on the material plane could be achieved only by removing the thick curtains of Ego and of pretended ignorance those keep human body-bound CONSCIOUSNESS separated from ‘PURE CONSCIOUSNESS’.

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Reference: ‘BHAGAVAD-GITA The song of God’
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